



NINA S. NAIDU, MD, FACS
PLASTIC & RECONSTRUCTIVE SURGERY

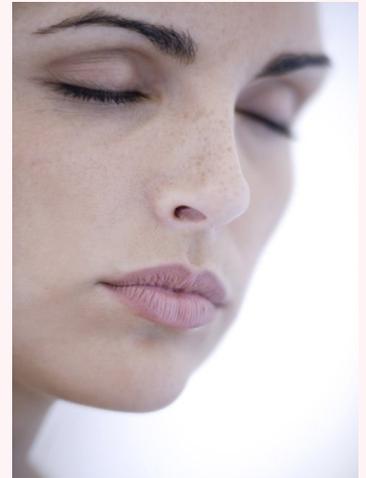
A Patient's Guide to Eyelid Surgery

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Dear Patient,

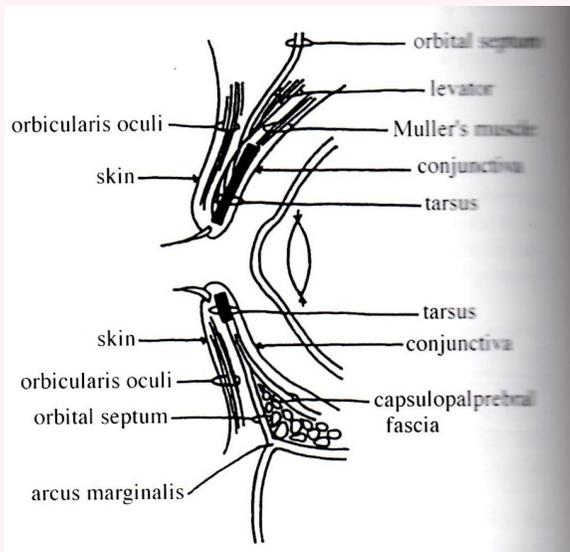
We are delighted that you have chosen to explore blepharoplasty (eyelid surgery) with Dr. Naidu. This guide was written to help you understand the risks and benefits of eyelid surgery. Please read the following information in its entirety prior to your visit, as this will make your time with us more productive. If you have any questions about anything contained in this material, please print out the relevant sections and we will be happy to discuss them with you at the time of your consultation. If anyone else will be involved in your decision-making, we ask that you bring him or her with you to your visit. We look forward to meeting you!



When to consider surgery of the eyelids

As we age, the muscles around the eyes weaken and the skin becomes loose. This may produce drooping skin in the upper eyelids, and bulging fat of the lower eyelids, which creates a tired and sad appearance. Blepharoplasty involves the removal of excess skin from the upper eyelids, and bulging fat and excess skin from the lower eyelids. The goal is to achieve a refreshed appearance with smooth upper and lower eyelids. You are a good candidate if you are physically healthy, do not smoke, and have realistic expectations of the results of your surgery.

Anatomy of the eyelids



The human eyelid is a complex structure composed of skin, muscle, and structural support tissues. A small amount of fat is present between these layers, and tends to bulge forward as we age secondary to loss of support. These fatty deposits can be removed to eliminate the appearance of puffiness. Loose or sagging skin that creates folds or disturbs the natural contour of the upper eyelid, sometimes impairing vision, can be treated by eyelid lift surgery. Lower eyelid blepharoplasty can remove excess skin and fine wrinkles of the lower eyelid, correct “bags”, and address droopiness of the lower eyelids.

Procedural steps



Blepharoplasty is performed through incisions hidden within a natural crease of the upper lid, and below the lash line or inside the lower lid. Excess skin is removed from the lids as needed. Fat may be removed or repositioned depending upon the patient's individual anatomy. In some cases, fat may be added to the area under the eyelids to fill in depres-

sions. The procedure takes 1 to 2 hours and is performed as an ambulatory procedure in the hospital or at an ambulatory surgery center.

Additional procedures



In some cases, additional procedures may be recommended at the same time as your facial surgery. Some patients will opt for a facelift at the same time as their eye surgery. Additional procedures incur additional operating time, anesthesia, and surgical risks.

Surgery and Anesthesia

Surgery is performed on an outpatient basis, either in the hospital or in an ambulatory surgery center. The surgery lasts 1-2 hours, and is performed under general anesthesia or sedation. Many patients worry about the risk of general anesthesia, but it is very safe and it assures that you will be completely comfortable during surgery. Prior to surgery you will be required to obtain medical photographs, routine blood

work, and in some cases pre-operative clearance from your primary medical doctor. The evening prior to surgery, you should not eat or drink anything after midnight. This ensures that you will have an empty stomach prior to surgery, which is very important for your anesthesiologist to care for you safely. You must have a responsible adult available to escort you home after surgery.



Recovery

Following surgery, you will awaken in the recovery area. Once you are fully alert, you will be transported to the step-down area where you will be given something to eat prior to discharge.

After surgery, cold compresses are applied to the eyes for comfort and to minimize swelling and bruising. Sutures placed during surgery are removed three to five days following surgery. Most patients are able to read two days fol-

lowing surgery, and to return to work after one week. Bruising may last up to 2-3 weeks following surgery, but concealer may be worn during this time. Walking is permitted the day after surgery, but strenuous activity should be avoided for three weeks. Contact lenses and eye makeup should not be worn until two weeks following surgery. The final result is generally seen within 3-6 months after surgery.

Risks of Surgery

All surgery carries risks. The most frequently reported complications after blepharoplasty surgery are as follows:

Bleeding: Significant bleeding requires an immediate return to the operating room to stop the bleeding vessel and evacuate any blood.

Infection: Infection following eyelid surgery is rare and can usually be treated with oral antibiotics. To help prevent this, you will be given an antibiotic prior to surgery.

Poor wound healing: This may occur in patients with very thin skin, in smokers, or following an infection. This complication may require additional surgery.

Pain: Most patients report mild discomfort following surgery. Significant pain may be a sign of bleeding and should be reported to Dr. Naidu immediately.

Scarring: Scars will be located on the upper eyelid within the crease and in some cases just below the lower eyelid. Although most patients heal very well following blepharoplasty surgery, rarely the scars may be prominent.

Blood clots: Blood clots may form in the legs, or travel to the lungs, following surgery. This is a potentially fatal complication, and therefore preventive measures, including the use of leg compression devices during surgery, are taken with every patient.

Skin discoloration and swelling: A small number of patients may experience prolonged swelling and bruising.

Anesthesia risks: Although general anesthesia is very safe, all patients are screened for any personal or family history of anesthesia reactions.

Revisional surgery: A small number of patients may require revisional surgery. This is typically not performed prior to a year after the initial procedure.



Following surgery

After surgery, you will notice swelling which will resolve gradually over the course of several weeks, and bruising which may last for up to 2 weeks. The use of dark glasses is recommended during this

time. You will be seen 3-5 days after surgery for suture removal. Routine visits occur 6 weeks, 3 months, 6 months, and one year following surgery. Should you have any issues or concerns between your visits,

you will be accommodated at your earliest convenience.

For more information about blepharoplasty surgery

Additional sources of information about rhytidectomy surgery can be found online at the following sites:

Nina S. Naidu, MD, FACS: www.naiduplasticsurgery.com

American Society of Plastic Surgeons: www.plasticsurgery.org

International Society of Aesthetic Plastic Surgeons: www.isaps.org



About Dr. Naidu

Nina S. Naidu, MD, FACS is Board Certified by the American Board of Plastic Surgery and is a Clinical Assistant Professor of Surgery at Weill Cornell Medical College. Her practice focuses on aesthetic and reconstructive surgery of the face, breast, and body.

Dr. Naidu completed her undergraduate studies at The Johns Hopkins University and obtained her medical degree from Cornell University Medical College. After completing her general surgery and plastic surgery training at New York Presbyterian – Weill Cornell Medical Center, she performed an additional year of fellowship

training at the University of Pennsylvania. She is an active member of the American Society of Plastic Surgeons, the International Society of Aesthetic Plastic Surgeons, and is a Fellow of the American College of Surgeons. Dr. Naidu maintains privileges at several prominent New York hospitals including New York Presbyterian Hospital – Weill Cornell Medical Center; Manhattan Eye, Ear, & Throat Hospital; Lenox Hill Hospital; and the Center for Specialty Care.

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Photo: Victoria Will