

Are you unhappy with the look of your eyelids? Do you always look tired, despite being well rested?

Do your upper eyelids feel heavy? Or do your lower eyelids always have dark circles and bulges that you are unhappy with? Eyelid surgery (or blepharoplasty) may seem like a drastic measure, but it may be the answer for you.

A consultation with Dr Gavin Sandercoe will help you understand how you can achieve the rejuvenation that you are looking for. The modern options include everything from anti-wrinkle injections and laser treatments to traditional eyelid operations.

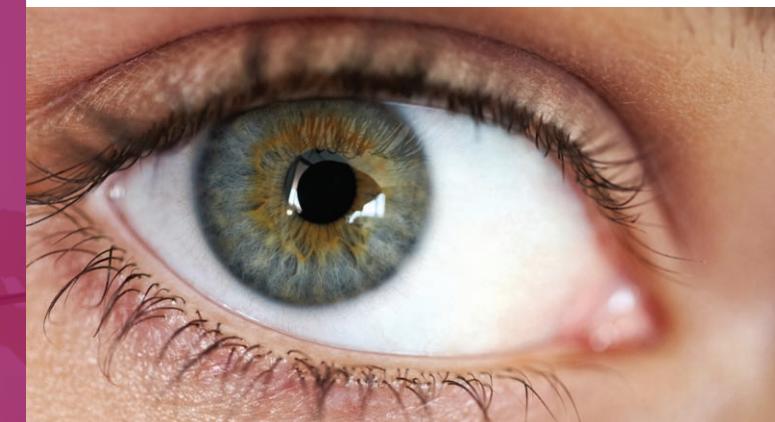
Located opposite Norwest Private Hospital in the Norwest Business Park, Norwest Plastic & Cosmetic Surgery is only 15 minutes from Parramatta and 45 minutes from the Sydney CBD.

The location has easy access to the M2, linking the M7, M4 & M5 motorways.



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A patient guide to understanding Blepharoplasty



Thinking of a Blepharoplasty?
A short guide to assist you in making your decisions.



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DR GAVIN SANDERCOE
plastic & cosmetic surgeon

What is involved in a blepharoplasty?

In the last few decades, the different techniques of blepharoplasty have expanded dramatically. However, at the core of all these techniques are still a few basic principles. These are:

1. Place incisions along natural skin creases and in places we expect to see lines in the eyelids.
2. Conservative removal of excessive skin.
3. Manipulate the deeper structures (muscle, fat pads) into a shape that is more common in younger patients.
4. Close the wound under as little tension as possible, to hide the scars as well as possible.

A blepharoplasty only addresses the eyelid appearance. In order to appear in balance, the eyelids need to be assessed in partnership with their adjacent cosmetic sub-units of the face. The upper eyelid appearance is strongly influenced by the position and shape of the eyebrow and forehead, and the lower eyelid is a combined structure with the midface/cheek. Often these adjacent facial sub units benefit from rejuvenation at the same time, and a combined procedure provides more substantial results that last longer.

What are my options?

Eyelid rejuvenation surgery is commonly performed at the same time as other procedures, such as a facelift. This allows a greater change in a single operation and recovery time, and is commonly required to provide facial harmony.

An upper eyelid blepharoplasty may also be used to create a more Caucasian eyelid fold in Asian patients (Westernisation), to modify frown muscles, or to assist raising an abnormally droopy upper eyelid (Ptosis repair).

When should I get my blepharoplasty?

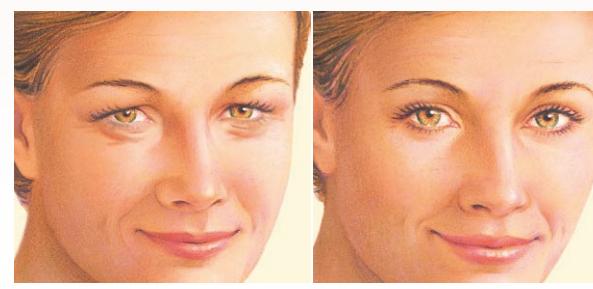
Patients that benefit the most from their blepharoplasty are in their 40s or older and have concerns about the appearance of their eyelids. Younger patients with specific problems also have high satisfaction rates. Adjunctive procedures such as anti-wrinkle injections and dermal fillers are often helpful in getting the greatest result from your rejuvenation. For some patients, the non-surgical options deliver enough improvements for satisfaction.

You should allow about a week or two to recover from eyelid surgery, and should plan it at least two months prior to any important or major events.

Your consultation

You should expect to spend about an hour with Dr Gavin Sandercoe. During this time he will take a thorough history and examination. Measurements and digital photographs are taken to assist with planning and explaining any limitations. You should expect to discuss the range of surgical techniques that are available to treat each of your areas of concern, and how they can be used together or if they are safer being staged.

Dr Gavin Sandercoe will discuss what you wish to achieve from your procedure and the risks involved. Clinical photographs of other patients are used to help discuss your expectations. You are provided with a take home information package to review before your second consultation.



Pre blepharoplasty

Post blepharoplasty

When to re-start activities

- Eyelid surgery is commonly performed as day surgery at an accredited hospital, but some smaller procedures can be performed under local anaesthetic in the rooms
- The sutures are removed at about a week, and by then most people are back at work even if it involves face to face contact with clients
- It is worth taking a few weeks off heavy exercise to allow the tissues time to fully heal

Blepharoplasty risks

All procedures carry some risk. Generally speaking, patients undergoing elective surgery have very minimal risk, but it is a doctor's duty to inform patients of all their material risks. Our consent package details these risks and Dr Sandercoe will discuss these with you during your first consultation.

Will my private health insurance cover some costs?

Upper eyelid surgery is only covered by Medicare (and therefore health funds) under certain circumstances. It is uncommon for patients to meet these criteria, and most health funds require pre-approval by Medicare. Droopy eyelids can attract an item number and you should check at the time of your consultation if you will be able to use that item number.

Lower eyelid surgery is only covered by Medicare (and therefore Health Funds) under extreme circumstances requiring major reconstruction for trauma or disease.

Questions?

We wish to keep our patients as informed as possible. The best way of making sure that all your questions get answered is to have a pad with you and jot down your questions & bring them to your consultations. We encourage you to also bring your partner or friend with you. Please keep us aware of your problems and any suggestions to improve our patient care.

A more in depth discussion of blepharoplasty surgery can be found at www.drgavinsandercoe.com.au.