

All About **EYELID SURGERY**



Information about having eyelid surgery
from America's eyelid expert:

WHAT YOU NEED KNOW

Kenneth D. Steinsapir, M.D.

LidLift.com

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Chapter 1

Reasons for Eyelid Surgery

Eyelid surgery, one of the most popular and powerful cosmetic surgeries available today, has the astounding ability to refresh one's looks, improve confidence, improve eyelid functionality, and meet both aesthetic and medical goals. If you are considering how eyelid surgery might benefit you, the best place to begin is by learning more about it, and meeting with a surgeon who is specialized and experienced to discuss your options. Self-education is essential because it helps you understand your concerns and what procedures are available to address these issues.



It is vital to reach out to an experienced oculofacial surgeon, who will carefully listen to your concerns, assess your anatomic issues, and discuss with you your best options, alternatives, risks and likelihood of surgical success.

Who Gets Eyelid Surgery?

Many diverse individuals from all walks of life and with varied goals seek eyelid surgery because they feel that their quality of life could be amazingly improved with eyelid surgery.

Eyelid surgery is often performed to help an individual maintain one's competitive edge. For professionals and high-power executives, the way they present themselves and are perceived by their business partners and clients is critical to their success. For actors, entertainers, models, dancers,

and others in the spotlight, their physique is essential to their performance. If you have a job that requires a great deal of face-to-face meetings, presentations, “wining and dining,” or the ability to persuade, you already understand the importance of facial expression and body language in communication. For the modern businessperson, when you want to feel your best, present yourself in the best way possible, and be confident that you are effectively communicating, eyelid surgery can help you present this image. First impressions do make a difference.

Of course this does not just apply to professionals. After all, we are social creatures, and as such we can all benefit from improving our daily face-to-face interactions.

These interactions are just as much about how we look as they are about how we feel. When we are confident in our appearance, we act and feel accordingly. Perhaps you have aesthetic concerns related to aging, asymmetrical features, an old eye injury, eyelid contour, or eyes that just don’t appear “bright” and “alert.” Perhaps your concerns are out of medical issues that are causing you problems. Whatever your reason for considering eyelid surgery, help is available from professional, experienced, highly specialized and skilled surgeons who understand the complexity of eyelid surgery and how to achieve the best results possible on an individual basis.



Aesthetic Concerns

Aesthetic concerns may lead you to seek eyelid surgery. For one reason or another, you may find yourself dissatisfied with your looks, or simply feel you

would benefit from an improvement in aesthetic features. Your concerns might include:

- “Tired” eyes; eyes that do not appear alert or bright;
- Aging and sagging features;
- Crepe-like skin, which can also make the application of makeup difficult;
- Asymmetry, which is often distracting during conversation;
- Ptosis, a condition in which the eyelid droops, and may also affect the field of vision;
- Excess tissue or tissue deficiency, in which too much or too little fat is in the anatomic areas around the eye and can cause a variety of aesthetic problems, such as the look of “heavy” eyes or “hollow” eyes, depending upon the nature of the issue;
- Dark under-eye circles;
- Fine wrinkles;
- Drooping eyelashes; or
- A combination of these and other issues.

Indications for Surgery

Medical indications for surgery are distinguished from aesthetic reasons in that the surgery may improve your eye functionality, correct a health problem, or even be life-saving. For example, eyelid surgery can help:

- Increase your visual field, particularly when ptosis blocks part of your peripheral field of vision;
- Problems related to blinking and tears. For example, if your eyes do not fully close, or you cannot effectively spread tears across the eyes to keep them moist and healthy, or you have excess tearing from a block of the tear drain;



- Address skin cancer of the eyelid, provide reconstruction after Mohs' cancer surgery of the eyelids;
- Reconstruct damage to the eyelid resulting from accidents, trauma, and the like;
- Improve functionality when eyelid concerns are impairing vision or causing discomfort
- Thyroid eye disease or eye changes associated with Grave's disease or Hashimoto's thyroiditis.

Fixing eyelid surgery

Fixing eyelid surgery is helpful for those who have undergone eyelid surgery in the past, but find that they are dissatisfied with their results and would now benefit from revisional surgery. Although surgery usually provides satisfactory results, some indications for a second surgery may arise in cases when:

- Your original surgery results are disappointing;
- Your original surgeon is unable to fix or improve the issue;
- There was a complication with the first surgery; and/or
- The results from your first surgery were good, but you feel you could benefit even more from additional surgery to fine-tune your results.



Decision for Surgery

For many, eyelid surgery is the right decision for making improvements in effective communication, gains in confidence, improving functionality, and achieving a look that's natural and right for you. Although eyelid surgery is not right for everyone, if you have been considering how eyelid surgery may assist you in meeting your goals, we invite you to self-educate and learn as much as possible about your options. It is important that you and your potential surgeon make an informed decision to achieve the results you desire.

Chapter 2

Types of Eyelid Surgery

The type of eyelid surgery that is right for you, or combination thereof, very specifically depends upon your unique concerns and anatomy. There are many variations in how surgery is performed. The best eyelid surgery must be tailored to your needs. In order to determine the best course of action, your surgery will need to be carefully planned with an experienced oculoplastic surgeon and personalized to your features and goals. A careful consultation and physical examination, along with open communication and discussion, will enable you and your doctor to work together to design your surgery. Because every individual is different, a one-size-fits-all approach will not yield satisfactory results. Rather, a customized approach is essential.

There are many types of eyelid surgeries that can be carefully planned to meet your needs. The key is that the surgery or combination of procedures is precisely specific to enhancing the natural features and eyelid contour that is best for you.

Eyelid Lift



The eyelid lift or “lidlift” is a general, lay term that describes any number of cosmetic eyelid surgeries performed to enhance your eyelid appearance. A brightened and alert appearance is often the goal of cosmetic eyelid surgeries. This is also consistent with a younger, fresher look. There are a variety of very specific procedures that fall under the umbrella term of eyelid lift, depending upon your needs. Understanding more about the focus of each approach and what it achieves will help you to make informed decisions and feel confident that the chosen approach is right for you.

Blepharoplasty

Blepharoplasty can be best understood as plastic surgery performed on the eyelids. This can be designed to correct a number of concerns, but generally speaking, blepharoplasty involves the removal of excess tissue in the form of fat, bulges, and hanging skin on and around the eyelids, with emphasis on the contour of the eyelids and how a brightened appearance can be obtained. There are further specified types of blepharoplasty to address more specific problems. For example, upper blepharoplasty, lower blepharoplasty, transconjunctival blepharoplasty, and transcutaneous blepharoplasty can each be designed to meet different objectives.

Transconjunctival Blepharoplasty

To address a fullness of the lower eyelid that is caused by herniated orbital fat beneath the eye, a transconjunctival blepharoplasty can be designed to correct this problem.

This lower eyelid surgery can contour the excess fatty tissue fundamentally responsible for this aesthetic concern by approaching the fat with an incision made behind the lower eyelid. Because there is no incision created on the eyelid surface with this approach, the risk of altering the natural contour of the eyelid margin is minimized. As an added benefit, there is no visible skin scar.



An even more specialized form of this approach is the arcus marginalis release, in which this eyelid fat, rather than being removed, is preserved and rotated down into the under-eye hollow and is precisely placed in such a way that it corrects a tissue deficiency there. This can be performed through a transconjunctival lower eyelid incision. Unlike grafted fat, the mobilized lower eyelid fat is brought down on its own blood supply. With grafted fat only a fraction of the grafted fat survives being transferred. The mobilized fat that is released from the lower eyelid into the top of the cheek survives because it has a blood supply. At the top of the cheek it is used to reduce the under eye hollow. This means an improved lower eyelid and tear trough contour.

Transcutaneous Blepharoplasty

Transcutaneous blepharoplasty is also a lower eyelid surgery designed with the purpose of contouring herniated orbital fat. The incision here differs in that its location is just below the lower eyelid lashes.



This approach is favored by some because it enables excess skin to be removed from the lower eyelid. Some surgeons prefer it because it allows them to avoid working against the eye surface. Unfortunately this approach often causes damage to the function of the muscle located just under this skin called the orbicularis oculi muscle. This muscle holds the eyelid margin against the eye surface. When it is damaged, the lower eyelid contour is affected by surgery. An alternative to classic transcutaneous lower eyelid surgery is management of lower eyelid fullness transconjunctivally with removal of excess skin by an infraciliary incision that leaves the underlying muscle intact only removing excess skin below the lower eyelid lashes. This leaves the orbicularis oculi muscle intact.

Upper and Lower Eyelid Surgeries

Upper eyelid surgery, lower eyelid surgery, or both may be indicated depending upon the nature of your concerns and the look you are aiming to achieve. Upper blepharoplasty can address fullness, asymmetries, and other problems of the upper eyelid, while a lower blepharoplasty can address similar concerns for the lower eyelid. While these general terms refer to which part of the eyelid is primarily being corrected, the exact procedure should be individualized to your specific concerns.

Asian Eyelid Surgery



The key to achieving successful and satisfactory Asian eyelid surgery lies not in any formula or set of rules for approaching Asian eyelid surgery, but rather in the skill of a specialized, experienced, and talented surgeon who understands how to custom-design surgery to each and every eyelid. Asian eyelids are much like any eyelid in that every single one is unique. The best results can only be achieved with an individualized approach. On the other hand, the surgeon must be experienced in operating on Asian eyelids and understand the anatomical features that make them unique to achieve natural double eyelid result. There is no one standard procedure or approach when it comes to performing cosmetic surgery on Asian eyelids. The key is the ability to blend aesthetics with a detailed knowledge of anatomy underlying each unique presentation of concerns. This is what makes it possible to obtain natural eyelid contours so necessary for optimal surgical results.

Asian Blepharoplasty

The term “Asian blepharoplasty” is used to describe a range of cosmetic procedures that enhance the contour of Asian eyelids. These are often designed with the goal of creating or enhancing the appearance of a double upper eyelid fold. These surgeries, contrary to a common misconception, are

not at all related to “westernizing” of the eyelid. Rather, Asian blepharoplasty aims to achieve an enhanced but natural eyelid appearance by improving aesthetic issues related to symmetry, contour, brightness, definition, and achieving a look that brings out the individual’s best features.

Double Fold Surgery

Double fold surgery is a type of eyelid surgery that is performed to achieve a break in the upper eyelid. For some, the double fold may be well-defined for the eyelid of one eye but not the other. Many find that they prefer the enhanced definition of the eyelid that accompanies this double fold, and it may be easier for them to apply makeup to the eyelid. This is really a matter of personal preference. A double fold or refinement of a double fold can be achieved by a very precise anchor blepharoplasty. Failed suture procedures can be repaired with this technique.

Revising Double Fold Surgery

Unsatisfactory double fold surgery can be improved and repaired. The first step starts with a very detailed consultation to determine the nature of the issue and what resources are available for improving the appearance of the eyelid. It is vital this be done as accurately as possible due to the limited resources that are available to correct these eyelids. For this reason, it is essential to find the most experienced eyelid plastic surgeon to make these repairs.

Complementing Your Natural Eyelid Contour

With Asian eyelid surgery, and with any cosmetic eyelid surgery, there is no one standard procedure or approach. Rather, the goal is to complement your natural eyelid contour to enhance the look that is specific and right for you.

Eyelid Reconstruction

Just as cosmetic eyelid surgery can be used as a first approach to improving your confidence in your appearance, it can also be an important intervention in correcting concerns related to illness, trauma, prior surgeries, ptosis, and

other reconstructive-related needs. The goal here often is both aesthetic and functional. Just as the name implies, reconstructive eyelid surgery is about restoring the eyelids to a more natural functional and aesthetic state by correcting serious issues that have affected the eyelids in the past.

Eyelid Malposition

Eyelid malposition is a general term for any number of diagnoses that interfere with the correct placement or function of the eyelids.

Ptosis is a very common form of eyelid malposition, in which there is a drooping of some part of the upper eyelid. This may have been present since birth, after a trauma, or could have developed over time for another reason. The resulting problems can be aesthetic, showing asymmetry or a sagging look to the eye, as well as functional, impairing vision. The heavy upper eyelid often gives other people the impression that you are disinterested, lazy, sleepy, or there is something wrong with your health when in fact the only issue is the position of the eyelid. What may be subtle ptosis for one person may be very unacceptable for another person.

Lacrimal Surgery

Tearing is an important and basic function that allows for normal, healthy use of our eyes. Problems with the tear duct can be seen in individuals of all ages. Some adults find that they tear too much, which can lead to blurred vision, and tears running down the cheeks that may cause embarrassment and necessitate constant wiping of the excess tears with a tissue.

For newborns, if the situation does not improve naturally with time, then the pediatrician or the pediatric ophthalmologist is likely to recommend massage of the tear duct system. This can help to open the tear duct passages in approximately half the cases. When this does not correct the problem, a probing of the tear ducts can be performed in an outpatient setting, which has a relatively high rate of success.

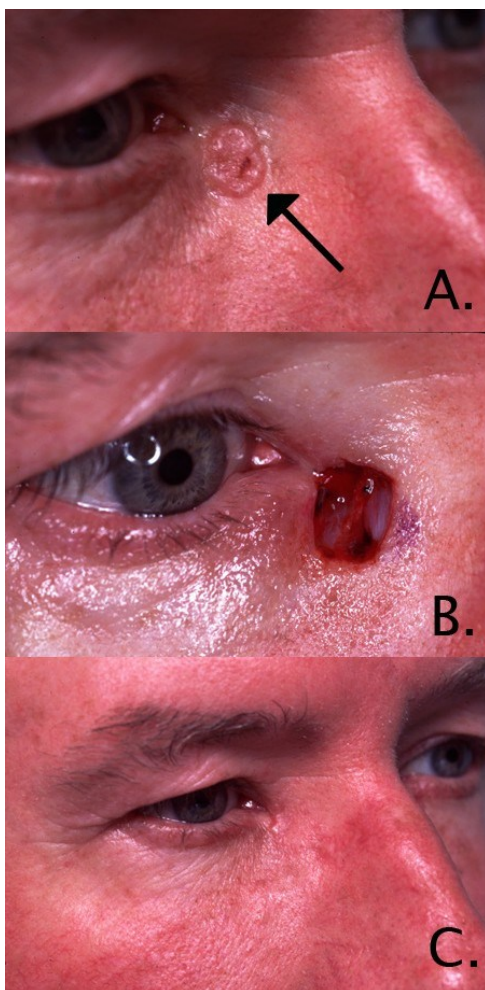
For adults, probing does not generally resolve the tearing problem. Often a surgery called dacryocystorhinostomy is recommended, in which the blockage in the lacrimal sac can be bypassed. Once the lacrimal sac above the blockage is opened and other key details are performed, a new passageway for tears to drain from the eye to the nose can be created. This can be performed as an outpatient procedure, with recovery only taking around seven to ten days before returning to work. If tubes are placed at the

time of the surgery, these typically are removed six months later. While in place, the tube is almost invisible. A comprehensive consultation will determine if this surgery can address your tear duct problem.

Orbital Surgery

Surgeries based on the orbital skull may be indicated as part of the management of thyroid eye disease, orbital tumors, orbital fractures, and trauma-based injuries.

The surgery must be expertly tailored to your problem and carefully performed. Imaging studies, such as CT scans and/or MRI will be a necessary guide for this surgery. If you have had previous imaging studies completed, you should bring these with you to your consultation with the surgeon helping you address these orbital changes. This may save you the need to have a study repeated.



Anophthalmic Socket

A socket without an eye is referred to as the anophthalmic socket. The eye is removed as a last resort, which can sometimes follow after trauma, disease, or an intraocular tumor. Almost always, everything that can be done for a damaged eye is done to preserve the eye. Despite these efforts, it is not always possible to save an eye in which case a decision is made to remove a blind, painful eye. After the eye has been removed, the socket frequently requires revisional surgery to address a range of concerns. Placement of orbital volume is critical to the success of a prosthetic or “glass” eye. The size of the prosthesis must be carefully and correctly chosen, because the weight of an oversized prosthetic can cause secondary issues over time such as stretching, chronic discharge, and difficulty in maintaining the placement of the prosthesis. Therefore, the rehabilitation of the anophthalmic socket is a very important part of care in these circumstances.

Cancer Reconstruction, Mohs’ Cancer Surgery

Skin cancer can involve the eyelids. The removal of the cancer is an important health priority. Performed early, surgery can often cure these skin cancers. The first goal is the removal of all the cancer. At the same time, it is very helpful to preserve as much of the normal eyelid structure as possible. This helps preserve function and aesthetics of the natural eyelid as much as possible. Basal cell carcinoma of the eyelid is the most common skin cancer necessitating eyelid reconstruction. After a biopsy, if it is determined that there is skin cancer of the eyelid, next steps will very much depend upon the type and nature of the cancer found. Early diagnosis improves outcomes and the likelihood of a cure.

A complete excision of the cancer takes priority over aesthetic and functional consequences, for obvious health reasons. The approach of the excision can also be carefully planned and performed to minimize damage, improve the ultimate success, preserve your eyelid function and appearance, and make further treatment (if necessary) easier to approach.

A method called Mohs’ cancer surgery involves a team approach that includes multiple specialists working together to excise the cancer. A specially trained dermatologic surgeon excises the tumor. The dermatologist is also specially trained to analyze the tissue removed under a microscope. A careful map of where the tumor is found is made, and this is used as a guide to the removal of additional tissue. Each cycle of tissue removal is called a level. This leads

to very precise removal of the skin cancer, thereby preserving as much normal tissue as possible. Once the cancer has been cleared, the eyelid is then reconstructed by the oculoplastic surgeon. This approach has a very high cure rate according to published studies. The best approach for you will be determined with your doctor.

Bell's Palsy and Facial Nerve Injury

Bell's palsy can lead to weakness or paralysis of the face. Viral infections and sometimes other problems can cause inflammatory damage to the facial nerve, leading to temporary or permanent facial muscle weakness. Recovery of the facial nerve often occurs only partially, which can impair the function and appearance of the eyelid and affected side of the face over time. Similar problems can be seen after surgery for an acoustic neuroma. There may be severe corneal exposure and drying.



Treatment begins with supportive measures that may include artificial tears and ophthalmic ointment. A temporary, partial closure of the eyelid may be indicated, achieved by a procedure called the tarsorrhaphy. The problems often improve over time, but they should be closely monitored, and interventions that provide long-term solutions may be indicated for some. If recovery does not occur, a treatment plan must be developed to protect the cornea. This may involve reconstructive surgery, but a detailed personal consultation that includes an in depth physical examination will be necessary to determine the next steps.

Fixing Eyelid Surgery

In general, individuals choosing eyelid surgery for the right reasons and with the right surgeon are generally very satisfied with the outcome as it relates to the goals they originally sought to address. It is one of the reasons that eyelid surgery is one of the most popular cosmetic surgeries. We cannot emphasize enough how crucial it is to seek treatment with a highly specialized and experienced surgeon with proven results in the type of improvements you seek, and one who “feels” like a good fit for your personality and desired outcomes.

On occasion, results after eyelid surgery may be disappointing or even problematic. The root causes may include seeking work from a nonspecialist or a fundamental miscommunication during the planning stages. Even in the best of hands it is possible to have a disappointing result. The bottom line is that there never is a guarantee about the outcome of a particular surgery. No medical procedure is ever completely without risk.



If you are concerned about the outcome of a prior surgery, first know that help is available. In most cases, if you contact your original surgeon he or she will generally be motivated to work with you to correct any concerns and

ensure that you receive the best care possible. This means taking the appropriate steps needed so you have the outcome you are looking for. In cases where you may not have a good relationship with your original surgeon, or when you believe that your concerns fall outside your doctor's scope of specialty, it is reasonable to seek a second opinion from an oculoplastic surgeon with experience in correcting prior surgeries.

At your second opinion consultation, you should anticipate a very detailed consultation with a thorough history and physical examination, an open and honest conversation, and straight forward and unbiased advice on the solutions and options available to you, the risks associated with those options and the likelihood of success.

Revisional eyelid surgery is most commonly provided to make good results even better. When the outcome of prior surgery is compromised by complications, the results can be very disappointing. In such cases, revisional surgery can make a huge difference in improving your results and restoring your confidence in your medical care and in your appearance. Help is available to turn a disappointing result into a success.

Customized Eyelid Surgery

The eyelid surgeries outlined here are powerful procedures with the astounding ability to transform both your appearance and eyelid function. In many cases the goals are purely aesthetic, in others they are medically necessary, and still many more aim for a balanced improvement in both looks and function. The most important aspect of a successful treatment is that these surgeries must be customized to the individual in order to achieve an impressive result. There are no two identical sets of eyes and eyelids. Cookie-cutter approaches don't work. There is no standard one-size-fits-all approach. Surgery must be meticulously planned and customized to your specific eyelid anatomy and issues. In many ways, this makes eyelid surgery both a science and an art.

Chapter 3

Benefits of Eyelid Surgery

The previous section provided a brief overview of just some of the numerous types of state-of-the-art eyelid surgeries available today.



With so many specialized procedures, the benefits achieved are as varied as the reasons people seek eyelid surgery to begin with. By clearly determining your treatment goals and discussing realistic expectations with your doctor prior to surgery, you will experience a range of benefits.

Aesthetic Improvement

One of the top reasons people seek eyelid surgery is because they are dissatisfied with their appearance in some way, or because they feel they would look and feel better after a surgery. The aesthetic improvements can be powerful and transformative, as even small asymmetries and small adjustments make a strong and important difference. Because so much of our communication and day-to-day interactions center around eye contact and facial expression, the human brain takes in and responds to very subtle aspects of one's facial appearance. This is why many find that after surgery, others notice an improvement but they may not be able to put their finger on what made that difference. Wouldn't you love to hear how great you look?

Whether you simply wish to “brighten” your appearance, or seek to correct a more dramatic problem, such as ptosis, the aesthetic gains can revitalize your appearance in very natural ways. You don’t have to “go big or go home,” to get amazing and worthwhile improvements.

Increased Function

When an eyelid concern affects not only how you look, but the way your eyes work, a surgery can correct or make great improvements. The specific improvements in functionality depend upon the presentation of the issues, the diagnosis, and what resources are available to improve the situation. Eyelid surgery may accomplish many things, including, but not limited to the following:

- Broader peripheral vision;
- Better tear drainage for both children and adults;
- Life-saving cancer treatment;
- Healing after an accident or physical trauma;
- Preserving natural eyelid function after an infection or injury;
- Addressing complications from a prior procedure;
- Improved blinking function;
- Improved corneal protection for eyes that are too dry;
- Improvement for eyes that are too wet;
- Rehabilitation for orbital changes associated with thyroid eye disease
- Preventing minor concerns from worsening; and
- Corrections of other medically related issues such as misdirected lashes, scar revisions, and periocular tumor removal and reconstruction.
- Problems that affect the eyelids can also affect their function. Due to an eyelid issue or distracting appearance, interpersonal communication can be affected. When the right specialist designs and performs the surgery to address the specific nature of your concerns, you truly can look forward to improvement.

A Professional Profile

Appearance in the workplace is perhaps more important today than it has ever been before. The way we present ourselves as professionals includes not just our résumé and portfolio, but also our attire, our pace and punctuality, our posture and body language, our health and energy level, our communication skills, and our daily face-to-face interactions.



Eyelid surgery can improve our confidence and appearance in the workplace much the way a good night's rest, a healthy breakfast, and practice in public speaking can make us better workers. Eyelid surgery has the power to "brighten" and "lift" a tired, aged appearance, and it can improve our nonverbal communication as spoken through the eyes. By appearing to have more energy and communicating with more confidence, people often report benefits in personal and professional life.

Professionals frequently seeking an improved eyelid contour include executives and managers, public figures and others with leadership positions, performers and models, and businesspeople whose work requires frequent meetings and speaking engagements, perhaps in a board-room, a court room, or over a team project.

Whether you address a health concern that makes you self-conscious, such as a heavy eyelid that may distract others during conversation, or simply obtain a more professional profile, you'll find that the way you work with others improves when you feel and look your best.

Better Interpersonal Relationships

Many of the improvements eyelid surgery can make are due directly to an improved appearance. People pay more attention to those they find attractive. It may not be fair, or right, but it seems to be how we are hard wired. So much of what we communicate is emphasized with eye and facial expressions. The way others see us affects the way we interact with each other. In interpersonal relationships, eyelid surgery can help us:

- Appear alert and engaged;
- Eliminate aesthetic distractions;
- Improve the way others see us;
- Feel our best when we are with others;
- Improve both verbal and nonverbal communication;
- Promote confidence and self-awareness

These are each valuable steps that can strengthen the relationships we already have and lay the foundation for building new ones.

Gains in Confidence

It's easy enough to recognize that when we look our best, we also feel our best. After correcting aesthetic and functional concerns that affect the way we look, the way others see us, the way we interact in social situations, and ultimately the way we feel, gains in confidence can be achieved by a successful eyelid surgery. That is not a guarantee that eyelid surgery will take care of all your concerns! But looking your best is helpful in any given situation.



A Natural Look

The goal of eyelid surgery should not be a complete overhaul of your looks, but rather to make adjustments that enhance your natural facial contours, make improvements to your appearance, and compliment your features in a way that is right for you. A successful eyelid surgery will neither have the “surgical look” nor make you look like someone you are not! Eyelid surgery has the power to revive and revitalize your looks and make you more aesthetically appealing to yourself and others.

Chapter 4

Potential Concerns

How Safe Is Eyelid Surgery?

Eyelid surgery has an excellent track record of safety and efficacy. However, all surgical procedures are associated with some risks. In evaluating a surgical procedure, one must use a risk-benefit approach.



What does it mean to call a surgery “safe”? While no surgery or even routine dental procedure is accompanied by zero risk, the benefits must outweigh potential risks, and those risks should be rare. This is particularly true for cosmetic surgery. Risks that might be tolerated for potentially life- saving surgery, may be unacceptable for surgery meant to enhance your appearance.

If your surgeon tells you there is no possibility of risk with your eyelid surgery, the surgeon is not being honest with you.

Potential Issues

In general, you can expect some swelling and bruising after surgery that will resolve on its own as you recover. This is considered normal. Certain issues after eyelid surgery are common but not serious. For example, many individuals temporarily experience dry eye. There may be evidence of dry eye before surgery or not. Sometimes eyelid swelling after surgery is enough to cause dry eye symptoms. Dry eye symptoms typically improve as this

swelling settles down and the surgery heals. Artificial tears and ointment are often recommended to make the eyes comfortable. Other issues are specific to the exact type of eyelid surgery you undergo, which will be discussed by your surgeon prior to surgery.

Perhaps the most common post-operative issues are swelling and bruising. It is difficult to predict the duration and degree of swelling after surgery. This can vary from moderate to severe. A moderate amount of bruising might be expected to last 7 to 10 days after surgery for patients who are compliant and avoid substances that thin the blood. Sometimes, bruising can be worse than expected and persist for many weeks after surgery, which is relatively uncommon. Generally this does completely clear. Hemosiderin staining is rare. This occurs when iron from the hemoglobin stains the skin.



Swelling is relative. Initially it may be dramatic and may be at its worst a day or two after surgery, but generally rapidly improves. The surgeon may tell you that swelling will be gone in two- weeks. What you are really being told is that by two-weeks the swelling will be sufficiently improved that many will not notice your swelling. However, it is really two to three months before the swelling is gone completely. It can be longer in more complex reconstructive situations.

With swelling certain issues can occur. In the upper eyelid swelling causes the upper eyelid to be or look a little heavy. This heaviness in the upper eyelid makes the eyes look smaller. It is unusual for this heaviness to persist. As the swelling leaves the upper eyelids, the eyelid rises and returns to a more open position. This takes place slowly, so one may not appreciate the

improvement from day to day. A number of factors influence swelling including lymphatic disruption. It takes time for this to resolve.

Another common issue with swelling, typically seen in Asian eyelids and Western eyelids with a prominent fold, is the impression that the crease is too high. This impression is normal because with swelling, the crease is pushed up.

As the eyelid swelling resolves, the crease settles down into its eventual final position. In certain eyelids, this can take as much as 4 to 6 months for something that resembles a final resolution of this subtle upper eyelid swelling.



Localized inflammation is generally considered to be a normal healing response. A complication suggests that something went wrong. In the majority of cases there are issues that completely resolve on their own. Localized inflammation can persist for many weeks. In some, there is very little inflammation, in others it can last for months. It might be manifested in lumpy firmness under the skin or focal redness along the suture line. Many of these issues just require "tincture of time" to resolve. Some benefit from earlier intervention, such as when a suture that should break down and be absorbed by the body, is the cause of skin inflammation. These type of issue should be brought to the attention of the surgeon to determine if removal of a suture is appropriate. When the suture is removed, the issue usually rapidly resolves.

It is not well understood that there is a relationship between where the eyebrow sits and how the upper eyelid fold rests on the upper eyelid. An

upper eyelid fold that rests on the upper eyelid sends a signal to the brain, which in turn signals the lifting muscle in the forehead, the frontalis muscle, to lift. This actually raises the eyebrow so less of the upper eyelid fold is encroaching on the upper eyelid. We all do this to some degree. The heavier the upper eyelid fold, the stronger this phenomena. What happens when the surgeon removes some of the upper eyelid fold, something that is typically done during upper blepharoplasty? The signal to lift the eyebrows decreases.

After upper eyelid surgery, the eyebrows relax and fall. This fall may be subtle or it may be profound. This change in the eyebrow position is not often understood by eyelid surgeons so they often don't explain this effect to their patient. The change in the eyebrow when unexpected can be a cause of disappointment. The key to this phenomena is to understand it and plan the upper eyelid surgery around this effect. It actually can be put to use to soften the normal pinch seen at the brows. By balancing skin removal, the upper eyelid surgery can actually be used to soften the facial appearance.



It turns out that the upper eyelid fold is very important for our appearance. Many surgeons are of the opinion that their job it to remove as much of the upper eyelid fold as absolutely possible. This is not appropriate. As just noted, this can cause the eye brows to fall too low. Removing the fullness of the upper eyelid fold can also cause the upper eyelid to become too hollow. This leads to a heavy low set eyebrow and a hollow upper eyelid sulcus. This creates an over operated appearance. As already noted it is better to leave tissue in the upper eyelid so that the upper eyelid sulcus is not excessively

hollowed, and the brows properly frame the eyes.

The location of the crease height is also a very important point that is often not discussed by the surgeon. Your notion of where the crease should be may or may not agree with that of the surgeon. It is important that the location of the crease be discussed prior to surgery so you are not surprised by where the crease is positioned. The plastic surgery textbooks incorrectly call for the crease to be placed at 10 mm above the eye lashes in women, and 8 to 9 mm in men. Both sets of numbers are too high. One reason for this is a poorly appreciated fact that the upper eyelid crease tends to heal a bit higher than where it was made. Generally, it is going to heal 1-2 mm higher than where it was placed at the time of surgery. For women, this could mean a crease placed at 12 mm after surgery or 10 mm for men. These are simply too high and contribute to a surgical appearance after the healing is complete. A crease can always be raised but it is next to impossible to lower a crease. For this reason, it is absolutely essential to talk to your surgeon about where the crease is going to be placed. If they can't answer these questions, you are probably in the wrong office.

Canthal surgery is another area where there can be dissatisfaction with the results of surgery. It is essential to understand that canthal surgery is reconstructive surgery. This procedure addresses lower eyelid laxity. Used appropriately it is an important component of many aesthetic restorative surgeries. Improperly performed it can alter the shape of the lower eyelid and the lateral canthal angle in surprising ways.



Lower eyelid surgery can go awry in a number of ways. However, the most common problems are caused by surgeons performing lower eyelid surgery by making a cut under the eyelashes of the lower eyelid through the skin and the lower eyelid orbicularis oculi muscle to access the lower eyelid fat. The main problem with this approach is that it can cut the motor nerves that supply the orbicularis oculi muscle of the lower eyelid. The effect of this is

that the lower eyelid slumps or falls. This combined with the scar tissue that forms, makes for a very difficult deformity to correct. This issue is best avoided by performing surgery on the lower eyelid fat from behind the eyelid using the transconjunctival approach. When necessary, this can be combined with a skin only approach on the front of the lower eyelid to remove excess skin (skin pinch) or even create a midface lift without compromising the function of the lower eyelid orbicularis oculi muscle.

These are the most common potential issues associated with lower eyelid surgery. By careful planning, many of these issues can be avoided by making careful and thoughtful choices.

There are two more serious potential issues associated with eyelid surgery. Fortunately both are quite rare. The first is infection. Infections associated with eyelid surgery are quite unusual. The high vascularity of these tissues may account for why infections do not occur very often. Generally, antibiotics are prescribed at the time of surgery to reduce this small risk. If an infection were still to develop, treatment is based on the nature of the problem. Generally these rare issues respond well to aggressive antibiotic treatment.

Finally there are issues associate with bleeding. The most common of these is significant bruising after surgery. Generally, this is often due to anticoagulants in our diet that thin the blood and increase the risk of bruising.



The preoperative assessment will usually discover the drugs and herbal products that one is taking. This permits the surgeon to directly advise the discontinuation of these products. Unfortunately, so many foods and over the counter products contain agents that thin the blood.

It is quite common for people to be unaware that their blood has been thinned by diet or dietary supplements to the point where they are at increased risk of bleeding during and bruising after surgery. Most offices maintain a list of common agents that people take that can thin the blood. If such a list is not provided to you, ask for one. The important thing to understand is the list is remarkably long and seems to grow every week. If you are not sure about a product that you may be taking, bring it to the attention of your surgeon. When in doubt, stop taking the product 2 to 3 weeks before surgery. If you are prescribed a medication to thin the blood for a medical reason such as atrial fibrillation, or a recent clot in the legs, stopping these medications can be life threatening. Bring this to the attention of your surgeon. It is better to postpone surgery under this circumstance until such time that you can be off of the blood thinner.

This is an important issue because while bleeding in the tissue of the eyelids causes a nasty bruise, bleeding into the orbit behind the eyelids can actually cause permanent visual loss. This is a so-called retrobulbar hemorrhage, or bleeding behind the eye. This is a condition that requires immediate treatment, and can lead to blindness, especially if you are unable to get immediate care. The exact probability of this occurrence is difficult to determine simply because there are so few cases. Blindness caused by eyelid surgery is a very rare event but the probability of it occurring is not zero.



How Are Risks Managed?

This is a very good question. As you can tell by the previous discussion, careful choices reduce the risk of many of the common potential issues. Being aware of the potential pitfalls allow more experienced surgeons to reduce or avoid these risks altogether.

It is essential that prior to any surgery, you and your surgeon should have an in-depth discussion about safety, potential complications and their likelihood, and what to expect during recovery. A full overview of your medical history is very important, such as review a of all medications and supplements and the health reasons you may be taking these drugs. A general health history is important to identify any factors that might impact successful eyelid surgery. This should be followed by a very detailed examination of your eyes and eyelids including detailed measurements. If your consultation is just a brief conversation with the surgeon and a quick glance at your eyelids, this type of assessment is inadequate to assess your suitability for surgery.

Yet surprisingly, this type of consultation is all too common. An appropriate surgical consultation for eyelid surgery should last up to an hour or longer. This detailed assessment is necessary to design the best possible surgical plan that is likely to help you achieve your goals while minimizing the potential risks of surgery. Time is also needed for the surgeon to discuss surgical options and associated risks, benefits, alternatives, and the likelihood of surgical success and risk of failure. A surgical consent is not a substitute for a detailed conversation with your surgeon regarding these issues. This is not the place to cut corners.

By taking precautions before, during, and after surgery, accompanied by close communication between you and your surgeon, risks can be minimized and issues can be addressed upon their first sign should they occur. A conservative rather than aggressive approach to eyelid surgery in the care of an experienced oculoplastic surgeon who specializes in minimally invasive eyelid procedures will help ensure that you receive the best and safest care possible.

Chapter 5

Alternatives to Eyelid Surgery

When you have concerns related to the appearance of your eyes, it is natural to assume that these can best be addressed by a specialized eyelid surgery. However, this is not always the case. Because of the complexity of our facial anatomy, numerous other facial concerns can affect the appearance of our eyes. The key is to address the root cause of the problem, rather than prematurely assume that surgery is needed.



What's more, a conservative approach to facial cosmetic treatment that favors nonsurgical treatments whenever possible, one that values the preservation of your natural facial contour and tissue, is advisable for the safest and most natural-looking results possible. Problems like a heavy brow, dark circles under the eye, or sagging facial features can all affect the appearance of the eyes.

When you consult with your oculofacial surgeon, we recommend you keep an open mind while fully expressing your concerns and goals. You may be correct that eyelid surgery is right for you. But in some cases, you may be surprised to find that a different procedure is better-suited to address the fundamental cause of your concerns. These also can revitalize your appearance, brighten your features, and achieve a more youthful look.

When Is a Nonsurgical Approach Indicated?

Cosmetic Botulinum Toxin and the Microdroplet Method

Botulinum Toxin A (BOTOX®, Xeomin®, and Dysport®) is FDA-approved for improving the appearance of the eyes. These are purified protein products

that effectively work as muscle relaxants to soften the harsh facial expressions around the eyes and brow area that may be adversely affecting your appearance. Botulinum toxin A was first widely used in ophthalmology for the treatment of muscle spasms in the region around the eyes. To the surprise of treating physicians, individuals also benefited cosmetically with a softer and more youthful look. Since then, cosmetic treatment with Botulinum toxin A has been studied and refined as a nonsurgical method for improving your facial appearance.

Overactive muscles may be causing a heavy brow that gives the eyes a harsh, pinched, or tired look, and one may also experience problems like wrinkles and frown lines. A natural look can be achieved with the finely controlled placement of Botulinum toxin A to correct the muscle tension in the face, correcting overactive eyebrow muscles that cause this “pinched” look and “worry” lines. In this way, Botulinum toxin A can be used to restore facial balance, and ultimately affect a soft, bright, youthful appearance around the eyes.



The Microdroplet method invented by Dr. Steinsapir relies on the precise placement of tiny microdroplets of botulinum toxin along the brow to achieve a natural-looking cosmetic facial improvement, while minimizing side effects and “forehead freeze” associated with other treatment methods. The method is so unique, the United States Office of Patent and Trademarks issued a rare patent for Dr. Steinsapir’s invention.

For optimal results, your cosmetic botulinum toxin treatment (BOTOX®, Xeomin®, and Dysport®) should be directly administered by an experienced physician with specialization in cosmetic facial procedures. This way you benefit from a thorough understanding of how the eyes are affected by these treatments. Do you really think the “lay provider” or “spa therapist” knows anything about anatomy?

Fillers and Deepfill Restylane

Dark circles under the eyes can make the eyes appear hollow, sunken, and tired. The cause of this problem is typically a lack of sufficient tissue volume beneath the eye, which makeup cannot disguise. What we see here is an optical problem caused by thin skin overlying a sheet of red orbicularis oculi muscle. Light transmitted through the thin skin is largely absorbed by the muscle causing the thin eyelid skin to appear dark. Compare this to the adjacent cheek where yellow fat is found underneath the skin. Light transmitted through the cheek skin reaches the yellow fat which reflects the light back toward the skin making it appear lighter. The hollowness of this area also further exaggerates the darkness. This hollowness often comes with aging and the descent of the malar fat pad, an important body of soft tissue that gives volume to the cheek.

As a facial filler, Restylane can help these problems by restoring the volume beneath the eyes, improving skin optics and thereby the appearance of the under-eye.



With the Deepfill Restylane method, the key is careful deep placement of Restylane along the orbital rim. This is a safe and shockingly comfortable location to place the filler. You can have service at the time of your consultation if you choose. Many are just beyond thrilled with the comfort and power of this treatment to make a real difference in the appearance without surgery.

Photofacial

Photofacial or Fotofacial is a nonsurgical, outpatient-based, comfortable procedure that can address fine facial lines and sun damage that leads to discoloration and aged appearances in the skin. After four or five sessions each a few weeks apart, individuals benefit from mild facial tightening and correction of the skin pigmentation problems. If you are concerned with sun damage, discoloration including brown spots, small blood vessels and redness, you may benefit from Fotofacial treatment.

Chemical Peel

The chemical peel is another treatment that can address damaged skin. If you have skin damage in the region around your eyes, it has the potential to rejuvenate the appearance of your eyes. The stronger peels have the power to correct what might otherwise require lower eyelid surgery or a midface lift to correct. A chemical peel should only be performed by a highly experienced surgeon and must be customized to the exact nature of your concerns and the anatomical regions being treated. This is something that must be discussed on an individual basis with your cosmetic surgeon.

When Is Another Surgery Indicated? Midface Lift

The midface area refers to the triangular region of the face to each side of the nose, and it can be adversely affected by the descent of the malar fat pad with age. This contributes to the under eye hollow, and the depth of the nasolabial fold. For some, under-eye Restylane may adequately address this tissue descent. Midface surgery may be indicated for more severe problems including sagging features, loss of skin elasticity, and lower eyelid wrinkles and bags. These issues create a haggard and exhausted appearance. Midface surgery improves the contour of the cheekbone, as well as the area underneath the eyelids. It can restore a youthful and soft look around the eyes, and bringing back the natural fullness that is associated with a youthful and vital face.



A midface lift may be recommended over an under eye filler or eyelid surgery when the deficiency in soft tissue and bone projection is extreme. In other cases where surgery is not yet necessary, noninvasive methods, such as fillers, are preferred.

Endoscopic Forehead Lift

The endoscopic forehead lift, also known as a brow lift or eyebrow lift, is a technique to elevate the forehead position. This is a powerful surgery that brightens the appearance of the eyes and corrects the heaviness of the brow and wrinkles that often accompany aging. The determination of whether an upper eyelid surgery or endoscopic forehead lift is most suitable depends on a range of individual considerations that can only be clarified at a personal consultation with your oculofacial surgeon. There are a number of factors to consider, including anatomy, personal goals, and the presentation of your issues. As with other surgeries, the forehead lift must be highly tailored for your individual needs.

Face lift

A face lift continues to be the most powerful surgery for revitalizing your overall facial appearance. When is it time to have a face lift? That is often a personal question that is determined by you and your cosmetic surgeon. Dr. Steinsapir believes that neck issues and laxity along the jaw line are the best indications. The main neck issue is the presence of a cord, which is the band of skin and muscle beneath the chin. Fullness along the jaw line and in the

lower face, can often be addressed with an isolated lower face/neck liposuction. People are often very surprised how comfortable their face lift surgery was and how rapidly they healed. This procedure has a profound impact on your over-all facial youthfulness. A consultation with your cosmetic surgeon will help you understand if you are a candidate for the benefits of a face lift.



Ancillary Procedures

The right cosmetic procedure(s) for you should be highly individualized to your features, concerns, and goals. This is different for everyone. For some, a single nonsurgical treatment, such as Deepfill Restylane, may be the solution. For others, a combination of treatments, such as a lower eyelid blepharoplasty combined with a chemical peel may be the best approach.

To achieve the most natural results possible, a minimally invasive approach are recommended first. When less invasive procedures are not adequate it is appropriate to look for more invasive solutions. Be wary of any practice offering the "blue plate special," that is, a number of procedures performed all at once for a "great deal." Don't get talked into more surgery than you need. For a variety of reasons, it often makes much more sense to have staged surgery where the work is performed over time. This allows for faster individual recovery times and often more optimal results. Depending upon your unique needs it can and does make sense to combine certain

procedures. It is very appropriate to have this conversation with your surgeon.

Chapter 6

How to Choose an Eyelid Surgeon

Choosing your cosmetic eyelid surgeon with care is key to achieving satisfactory results and the best care possible. While this seems obvious, it is sometimes tempting to take shortcuts in treatment, particularly when “miraculous” new treatments are being promoted or a “special deal” makes big promises. But when it comes to making a decision as important as eyelid surgery, the choice of your surgeon should be a priority approached with great care and thought. As with any important life decision, we urge you to do your homework!



Education and Experience

Learn as much as possible about your potential surgeon's credentials, specialties, the focus of training, treatment philosophy, education, and professional experience before your initial consultation. Your potential surgeon should, of course, be board-certified from an accredited training program, preferably from a prestigious, university based program, and have experience in the type of treatment you are seeking.

Rather than being treated by a generalist, it is best to find a surgeon who is specifically trained in oculoplastic surgery for natural results. This can be accomplished through additional fellowships and specializations. Because

eyelid surgery is such a detailed, precise, and complex field, a specialist can help you achieve the best outcome.

Just as important as the surgeon's education is the practical experience. The longer in practice with proven satisfactory outcomes, the more insight and practical know-how is gained. Pay attention to the focus of the surgeon's practice. What type of service is provided? Is the surgeon fellowship trained in this area or is it something they picked up? Recognize that general plastic surgeons are broadly but sometimes thinly trained. Have they completed fellowship training in the areas they are practicing? Is eyelid surgery a focus of the practice or merely a sideline? Is the surgeon involved in lecturing and training other surgeons to perform eyelid surgery?



Does the surgeon have recognition from consumer organizations such as Southern California Super Doctors, or Best Doctors?

Leadership and Recognition

The medical profession provides many opportunities for leadership and recognition, and these can serve to validate your potential surgeon's reputation. Consider whether the surgeon has an academic appointment with a university medical center and is sought-after for instruction and direction by peers in the field. Since medicine is rapidly advancing, does your surgeon participate in peer reviewed research and lecture other surgeons on their work? Does your surgeon provide free care to the poor or advocate on behalf of consumers? They may also provide leadership in lectures, conferences, research, professional memberships, and serve as a peer

reviewer for scientific journals. For example, Dr. Steinsapir reviews papers submitted for publication to seven scientific journals. Look for a surgeon who has demonstrated leadership and is well respected by other doctors, academics, patients, and the scientific community.



Superb, Proven Results

A straight forward way to learn more about your potential surgeon's ability, as well as their aesthetic philosophy, is to study the results they've already achieved. Look carefully at unretouched before-and-after photos of the surgeon's work. Keep in mind that these cases are what the surgeon considers to be their best work. Pay attention to lighting and camera angles; are the results credible? The photos should be honest and straight forward. When there are significant lighting changes, it is hard to know if the difference is due to just the difference in lighting. Make sure that the photographs represent the work of the surgeon. Some websites "pool" photos meaning that the photographs on a web site might not be that of the surgeon. Dr. Steinsapir only presents his very own work on his website. Do you like what you see? Do the outcomes seem natural for each individual?

Evidence-Based, Scientific Practice

Your doctor's practice should be firmly grounded in scientific, evidence-based treatment. "Quackery" is often seen in advertisements in the form of

promising “miracle cures” and catchy marketing language that may contain a grain of truth but otherwise be exaggerated or downright unreliable. Do we really think that shining a laser on the belly will cause you to lose weight? The bottom line is, if it sounds too good to be true, it probably is.

Your surgeon should be straightforward and honest in the presentation of the potential of eyelid surgery and why it works. Eyelid surgery can be powerful and transformative, and it doesn't need to be amped up with bells and whistles; but rather the evidence will speak for itself. What your doctor says should be a source of reason rather than confusion.



Open Communication

Not only should your surgeon be highly educated, experienced, and specialized; but what is said to you should make sense as well. You should develop a positive rapport and feel comfortable with your communication

with the surgeon. You should feel listened to, and your doctor's recommendations should make sense to you. By clearly and openly communicating, together you can determine the best steps moving forward and develop a treatment plan that meets your goals and provides satisfactory results. Be open to suggestions as well, because the best treatment options for you may be different than what you had anticipated. Your surgeon should take the time to personally address your concerns and individualize your treatment and should also provide attentive follow-up care. Establishing a good relationship with your surgeon is key. Your surgeon is not too busy to speak with you. Communication is the foundation for going into surgery with confidence that you can achieve your aesthetic goals with someone who cares and is result oriented.

Chapter 7

What to Expect at the Consultation

The decision to seek eyelid surgery begins with a consultation. A consultation is your opportunity to learn about your options, get a feel for the surgeon you are considering, and deciding whether eyelid surgery is right for you. The consultation is a great chance for you to express your concerns, ask questions, and learn as much as possible, about your options moving forward and your surgeon.



While it is natural for some to be a little apprehensive at first, there is no benefit to postponing your initial consultation—after all, the more information and knowledge you have, the better you will be able to make an informed decision.

Professionalism

Above all, you should expect professionalism at your initial consultation and in all communications with your doctor and the doctor's office. You should be treated with respect and be inspired with a sense of confidence in the care you can receive. Your doctor should spend enough time with you to learn about your goals, offer a physical examination, answer questions, and provide recommendations in a way that is clear and understandable. Your doctor should be approachable and kind, and also inspire a sense of

confidence that you will be able to work together to achieve the results you desire.

This professionalism also goes both ways; just as you should always expect your doctor to be respectful and honest toward you, and you need to be prepared to be 100% honest about your medical history. This includes disclosing anything that may affect surgery, such as medications or supplements you take, particularly those that may thin the blood and whether you smoke. You should fully express your issues, goals, and concerns in order that your surgeon has as much information as possible to help you and determine the best course of action for you.

Establishing Communication

One of the major goals of this first consultation is to establish communication and make sure that you are comfortable speaking honestly and openly, and that your doctor's recommendations and expertise resonate with you. This should "feel right." You'll have the opportunity to explain why you are there, ask any questions you may have both about the doctor's background as well as recommendations, and listen to advice. It is best to ask all of your questions and express all concerns rather than hold back. You owe it to both yourself and your surgeon in order to get a complete picture. This will allow you to make the best informed decision.

Likewise, your doctor will also give you a clear idea of what you can expect. Providing solutions, while also being realistic and honest about the results to be achieved and the potential risks is rare in a surgeon. You should feel comfortable speaking with each other and thoroughly discuss your concerns.

Discussion of Goals

Your doctor will want to know how to best help. In order to do so, be prepared to explain what you hope to achieve. What problems do you see and what concerns do you have? What would you like to achieve with surgery or another treatment? Understanding what your most important goals are—be they aesthetic, functional, professional, and so on—will be a good way to ensure the success of your surgery later on.

Physical Examination

A physical examination is important in understanding the cause of your

concerns and what are the best recommendations in moving forward. Because each eyelid surgery must be carefully planned on an individual basis, the exam will inform the precise design of your surgery. The exam should be very comfortable and straightforward.

Recommendations and Options

Your doctor will provide a diagnosis along with recommendations for moving forward. What options you have, as well as what is the best professional recommendation for your needs and your anatomy. This may be what you expected to hear, but also be prepared to consider other options if your doctor believes another solution is better for you. Some may ask if a lower blepharoplasty is indicated when the surgeon believes that a nonsurgical approach with under eye Restylane is more advisable. Keep an open mind, and also be sure that you are confident in your doctor's recommendations. The choice to proceed with a treatment plan is ultimately up to you, of course.

Determining the Next Steps

Talk with your doctor about what next step is advisable. This may include an additional consultation, scheduling surgery, trying an alternate to surgery like Botulinum toxin A and facial fillers. Sometimes it is simply a matter of taking time to think about what you would like to do once you understand your options. If you and your doctor both agree that surgery is best for you, then you will discuss how to prepare, and go over any questions that arise. You should review the cost of treatment as well as the variety of payment options available. The course of treatment should be individualized and strive for natural results.

Moving forward with Trust and Confidence

The initial consultation is like a two-way interview in which you have the opportunity to get a feel for your potential oculofacial surgeon, ask questions, and determine if you are a good fit for the goals you are pursuing. This meeting should inspire trust and confidence. If something doesn't feel right, bring this up with the doctor in order to address any lingering concerns, or seek a second opinion. Eyelid surgery has many benefits, and you should leave the consultation with inspired confidence that you can meet your treatment goals, achieve the aesthetics you seek, and trust that

you are in good hands, with a skillful, meticulous, and caring surgeon.

Chapter 8

Preparing for Surgery

Several weeks prior to surgery

Discontinue over the counter medications, herbal, and supplemental products that can thin the blood. If you are prescribed a blood thinning medication by a physician, such as Plavix, Coumadin, or products like Xarelto (rivaroxaban) for serious medical conditions, it is essential to inform the surgeon. In some cases, elective cosmetic surgery will be postponed until such time as you no longer have to be on these medications. Generally it is not advisable to temporarily discontinue these medications. Never stop these types of medications without the advice of the physician who prescribed the medication, as this can cause serious health problems such as a new blood clot. It is essential you that you take medical guidance seriously and do not attempt to make changes to prescriptions or health goals on your own.

Follow your usual routine

Aside from any surgery-specific preparations done under the recommendation and care of your surgeon and primary care physician, Dr. Steinsapir recommends that you otherwise stay with normal routines. After you have been assessed and surgery has been planned, this is not the time to experiment with lifestyle changes or plans that may affect your health. The weeks prior to eyelid surgery, you should not start radical diets, "cleansings," and the like.

If you become ill

Prior to surgery, call the office and discuss the situation. While such an illness does not necessarily mean surgery must be cancelled or postponed, this is something that needs to be discussed with the surgeon in advance, to ensure your best interest and well-being. It is not good to show up for elective surgery with a bad cold without notice and then have your surgery cancelled. So if there is an issue, contact your primary care physician and your surgeon so everyone is informed and can assess the situation with as much notice as possible.

Preoperative visit

A preoperative visit is typically scheduled the day prior to surgery for individuals who must travel to Los Angeles for surgery, or within two weeks of surgery for others. This is an opportunity for your surgeon to reassess you, answer any remaining questions, or address any final concerns. This is usually the visit where the surgeon will consent you for surgery. It is important to have all your lab work sent to the office on time, along with any medical report from your primary care physician regarding your fitness for surgery. Most patients have very few issues that will interfere with surgery. Most things that do come up can be managed with medication—so the more notice provided, the more time there is available for whatever medication adjustments might be necessary. For the most part, individuals having cosmetic surgery are very healthy and there is actually very little to be concerned with. The diligence is for your safety.

Immediately prior to surgery

It is a good idea to stock your kitchen and house if you are going to be recovering at home. You'll want to be as comfortable and prepared as possible, with everything you may need for several days already on hand. That way you do not have to depend on others to get things you urgently need.

The same is true for your post-operative medications, which is why you will receive your prescriptions at your preoperative visit. Make sure to get these medications filled at the time you receive the prescriptions so you don't have to scramble to get these items right before or just after surgery.

Generally you will be advised not to eat or drink anything after midnight, the night before, surgery. This allows you to have an empty stomach needed for surgery.

If you violate this, more than likely it will be necessary to cancel surgery for your safety. The concern is that a full stomach is an aspiration risk. Again this precaution is for your safety. After surgery, you will get a snack.

If you normally take important medications in the morning, such as high blood pressure medications, you will be given specific instructions. Typically you will be instructed to take these with a sip of water in the morning. If no one talks to you about medications you take in the morning, please specifically ask. This information and the correct response will be important

to you and your surgeon in the planning stages as well as on the day of surgery.

The morning of surgery

The exact details of your surgery will depend upon the type of surgery and your specific treatment plan. Often you will only be given a mild dose of an anxiolytic prior to surgery when surgery will be performed under intravenous sedation. Generally it is best to have local anesthesia with or without intravenous sedation rather than general anesthesia for the best results. You should be able to open and close your eyes and cooperate during surgery, which cannot happen when you are fully asleep. Alternatively, intravenous sedation during which the anesthesiologist controls the level of sedation will allow you to be minimally aware but still a cooperative member of the team.

Rest assured, when we need you to be very sleepy, the anesthesia provider will give you the appropriate medication. Often you will not remember the details of surgery. So don't stress over your level of awareness during surgery. There is a good chance you won't form memories of the surgery itself. If you have had intravenous sedation for a colonoscopy, then you have already experienced this type of anesthesia.

Chapter 9

After Surgery

Recovering after Surgery

The recovery course for most individuals enables them to return to work, their social schedule, and other routine activities by 7 to 14 days after eyelid surgery or sooner. The healing is generally sufficient by this point to place you back in your regular routine, and some even find that they are back on the telephone and working at their computer even sooner than this. Many find that they can go out shopping and so forth during the first week after surgery when they wear sunglasses, if they don't wish to stay at home.

Complications after surgery are rare, as long as you work with a skilled and reputable surgeon. Your doctor will let you know what signs to watch for that may indicate an issue, but in general you can trust your instinct and will almost always know if something isn't right. Pain, bleeding, a change in vision all warrant a call to the surgeon. If you experience these issues, it is common for the surgeon to want to see you to assess what is going on. Although complications are very unlikely, again it is important to be vigilant. You can feel confident knowing that your doctor is there for you during follow-up care and recovery. If you have questions or concerns you should call right away, at least to have your questions answered to restore your peace of mind, or to take action if necessary.

Regarding physical activity, your doctor will probably recommend you take a walk the day after surgery. In general, you'll need to wait about 10 days or more, before returning to the gym or your routine workout. But since physical activity and health can vary so much from person to person, you should discuss your workout schedule with your surgeon in advance to obtain advice related to your particular exercise routine. This information will be a part of your detailed pre-operative and recovery plans.

You don't have to memorize all this information. Your oculofacial surgeon will review what to expect with your pre-operative and recovery plans in detail. You will have all the instructions you need and also have the opportunity to ask any questions.

Bruising and swelling are common after eyelid surgery, and in general this diminishes rapidly. You should be able to return to work and your regular activities soon. Compliance with all recommendations and post-operative care procedures will help to keep your recovery swift and safe. People find

that they enjoy the benefits of their eyelid surgery quickly, and it does not take long to get back on your feet and return to a full routine.

Post-Operative Care and Maintenance

After several months, you should have a good idea of the final results of your surgery, and in skilled hands you should have every reason to anticipate them to be very satisfactory. The need for revisional surgery is unlikely, and while each situation is unique, it usually comes from personal preference and the desire to make good results even better.

By keeping communication with your surgeon open and honest, by building a relationship of trust, and by educating yourself as much as possible, you have every reason to have confidence that you will have a positive experience and superior results. Whatever your reasons for seeking eyelid surgery—be they fully aesthetic goals, medical necessity and improved functionality, improvements in your interpersonal interactions and professional profile, gains in confidence, or simply feeling good about the way you look—cosmetic eyelid surgery with a leading oculofacial surgeon yields powerful results and can help you meet these goals.

We encourage you to reach out to one of the best surgeons to learn more about your options, and find out what treatment course is right for you. With the safety of state-of-the-art surgery and the powerful results that are available, you can feel confident moving forward.

Chapter 10

About the Author

Dr. Steinsapir is a board certified ophthalmologist and a multi-fellowship trained eye plastic surgeon. He is extensively fellowship-trained in oculofacial surgery and completed separate fellowship training in cosmetic surgery.

He is in solo-private practice in Beverly Hills where he specializes in balanced facial cosmetic surgery for natural results, with an emphasis on minimally invasive techniques, fast recovery time, and leadership in medical technology. Dr. Steinsapir also serves as an Associate Clinical Professor of Ophthalmology at the Jules Stein Eye Institute, at the David Geffen School of Medicine at UCLA. He has volunteered his time running one of the oculoplastic surgery services at the LAC/Harbor-UCLA

Medical Center in Torrance once a month where he sees patients, teaches resident surgeons, and performs surgery. He has received numerous awards including Top- Doctor on Realself.com, Southern California Super Doctors, and recognition by Best Doctors.



Educational Background and Training

Dr. Steinsapir's experience and training make him an expert in cosmetic surgery, which can be a vital part of your evidence-based treatment plan. He graduated from the University of California, Los Angeles School of Medicine (UCLA); followed by residency at the University of Chicago, Michael Reese Hospital Department of Ophthalmology and Visual Sciences. He also completed multiple fellowships and trainings in order to become even further specialized and skilled. These fellowships include the Morrow Institute with emphasis on cosmetic surgery; the Jules Stein Eye Institute, the UCLA School of Medicine with emphases on orbital and oculoplastic surgery, and oculoplastics with emphasis in neuroscience; the Department of Pathology, UCLA School of Medicine with emphasis in pathology; and the Multicampus Division of Geriatrics, UCLA School of medicine with emphasis in geriatrics.

Professional Background and Experience

Dr. Steinsapir is board-certified by the American Board of Ophthalmology. He trained with leaders in the field, and has been in practice for more than 25 years both at UCLA and at his private practice in Beverly Hills, California. He is an Associate Clinical Professor of Ophthalmology, Jules Stein Eye Institute, UCLA, and donates his time to the care of individuals at the Harbor/UCLA Medical Center where patients are treated regardless of ability to pay. He is the innovator of Deepfill Restylane and the patented Microdroplet botulinum toxin forehead lift method, which he extensively researched and developed in order to create amazing results without the "freeze."

Experience, continuing research and patent development, pioneering advocacy toward natural results via best evidence-based practices and advances in medicine, and superior results have established Dr. Steinsapir as a leader in oculoplastic surgery. He has received many achievement and research awards, including the American Academy of Ophthalmology Achievement Award. He continues to lecture extensively, serve as an editorial referee for the leading ophthalmology peer-reviewed journals, and is widely published both in the most prestigious scientific journals as well as in book chapters. Dr. Steinsapir was recently featured in the New York Times and Harper's Bazaar.

Physicians Style and Philosophy

Dr. Steinsapir advocates for minimally invasive treatments rather than an aggressive approach. He advises nonsurgical treatment options whenever possible, and believes that honest communication and straightforward answers are key to obtaining the best results as well as building a trusting relationship between the patient and the surgeon. Dr. Steinsapir plans and designs each surgery on an individual basis, because no two sets of eyes are identical, and as such each surgery is different. He wants to help you obtain results that look natural for you, meet your own personal goals in seeking surgery, and feel confident and cared-for and informed both before and after surgery.

You'll find Dr. Steinsapir to be caring, attentive, and detail-oriented. With his high value on communication and sincere commitment, he is approachable and available to answer your questions and help you through each step along the way.

Contact Information

Dr. Steinsapir is available for consultations, lectures, presentations, interviews, and professional engagements. He can be reached at:

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www.lidlift.com