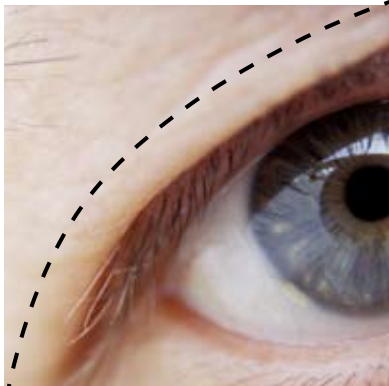


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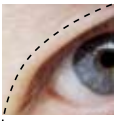
Blepharoplasty



· Eyelid surgery for those who suffer from drooping eyelids

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Eyelid Surgery Explained

Focus Eye Centre, through its affiliate Everest SurgiCentre, offers eyelid surgery, technically known as blepharoplasty. The surgery is designed to improve the appearance and/or function of the eyelids.

Blepharoplasty removes fat and excess skin and muscle from the upper and lower eyelids. The surgical goal is to correct drooping upper lids and puffy bags below the eyes, thereby eliminating features that make a person look older or tired and may even interfere with one's vision. Blepharoplasty will not remove crow's feet or other wrinkles, eliminate dark circles under your eyes, or lift sagging eyebrows. It can add an upper eyelid crease to Asian eyes and can be done alone, or in conjunction with other facial surgery procedures such as a facelift or brow-lift.

Some people have eyelid surgery to correct problems that are a result of aging, while others have inherited traits such as bags under their eyes that cause them to seek treatment

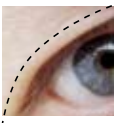
at a younger age. In Canada, blepharoplasty has become one of the most sought-after facial plastic surgery procedures. In the United States it is more popular and prevalent than rhinoplasty, face lifts, facial implants, and forehead lifts.

Other cosmetic surgeries may be required to address issues such as sagging eyebrows, crow's feet, and dark circles beneath the eyes.

For upper eyelid surgery, the incision is hidden within the natural fold of the upper eyelid and it is through this incision that excess skin and fat are removed. Because the incision follows the natural contour of the upper eyelid, it will be well camouflaged when it has healed.

For lower lid surgery the incision is usually hidden below the lower lashes. Through this incision, excess skin, muscle and fat are removed. Fat may also be redistributed to improve puffiness or bulges. Other adjustments such as canthopexy (eyelid tightening) may be done to correct special problems, such as muscle laxity.

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Blepharoplasty Surgery

All forms of surgery involve risk, although it is worth noting that when eyelid surgery is performed by a qualified oculoplastic surgeon, complications are infrequent and usually minor. Nevertheless, there is always a possibility of complications, including infection or a reaction to the anesthesia. You can reduce your risks by closely following your surgeon's instructions both before and after surgery.

Planning for Surgery

The initial consultation with your surgeon is very important. The surgeon will need your complete medical history; so check your own records ahead of time and be ready to provide this information. High blood pressure, thyroid problems or diabetes are some of the conditions that can increase the risks during eyelid surgery. Medications such as coumadin and aspirin (ASA) can also increase risks. Be sure to inform your surgeon if you have any allergies or conditions such as "dry eyes" or any other problems or disease, you may have. Bring a list of your current medications (vitamins, medications with prescription or over-the-counter, or other drugs).

In this consultation, your surgeon or a nurse will test your vision. You should also provide any relevant information from your ophthalmologist or the record of your most recent eye exam. If you wear glasses or contact lenses, be sure to bring them along.

You and your surgeon should carefully discuss your goals and expectations for this surgery. You'll need to discuss whether to do all four eyelids or just the upper or lower ones, whether skin as well as fat will be removed, and whether any additional procedures are appropriate.

Your surgeon will explain the techniques and anesthesia he or she will use, the type of facility where the surgery will be performed, and the risks and costs involved.

(Note: Most insurance policies don't cover eyelid surgery, unless you can prove that drooping upper lids interfere with your vision. Check with your insurer.)

Don't hesitate to ask your doctor any questions you may have, especially those regarding your expectations and concerns about the results.

Preparing for Surgery

The nurse will give you specific instructions on how to prepare for surgery, including guidelines on eating and drinking, smoking, and taking or avoiding certain vitamins and medications. Carefully following these instructions will help your surgery go more smoothly.

While you're making preparations, be sure to arrange for someone to drive you home after your surgery, and to help you out for a few days if needed.

Eyelid surgery is usually performed under local anesthesia — which numbs the area around your eyes — along with oral or occasionally with intravenous sedatives. You'll be awake during the surgery, but relaxed and insensitive to pain. However, you may feel some tugging or occasional discomfort.

The Surgery

Blepharoplasty usually takes between 45 minutes and three hours, depending on the extent of the surgery. If you're having all four eyelids done, the surgeon will probably work on the upper lids first, then the lower ones.

In a typical procedure, the surgeon makes incisions following the natural lines of your eyelids; in the creases of your upper lids, and just below the lashes in the lower lids. The incisions may extend into the “crow's feet” or “laugh lines” at the outer corners of your eyes. Working through these incisions, the surgeon separates the skin from underlying fatty tissue and muscle, removes excess fat, and often trims sagging skin and muscle. The incisions are then closed with very fine sutures.

If you have a pocket of fat beneath your lower eyelids but don't need to have any skin removed, your surgeon may perform a transconjunctival blepharoplasty. In this procedure the incision is made inside your lower eyelid, leaving no visible scar. It is usually performed on younger patients with thicker, more elastic skin.



The Surgeon:

Dr. Kevin Smith,

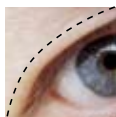
MDCM, FRCS(C)

Oculoplastic Surgeon

Possible Complications

As stated, complications are rare, but can occur. The minor complications that occasionally follow blepharoplasty include double or blurred vision for a few days; temporary swelling at the corner of the eyelids; and a slight asymmetry in healing or scarring. Tiny white-heads may appear after your stitches are taken out; your surgeon can remove them easily with a very fine needle.

Following surgery, some patients may have difficulty closing their eyes when they sleep; in rare cases this condition may be permanent but can be corrected surgically. Another very rare complication is ectropion, a pulling down of the lower lids. In both cases, further surgery may be required. A very rare complication that can occur the evening after surgery is a bleed behind the eye. This would result in a very painful eye and could cause visual loss if left alone. If this occurs it is easily corrected with a brief surgical procedure. Our surgeon will be available in such an emergency.



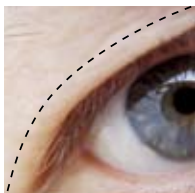
The Best Candidates

Blepharoplasty can enhance your appearance and your self-confidence, but it won't necessarily change your looks to match your ideal or cause other people to treat you differently. Before you decide to have surgery, think carefully about your expectations and discuss them with your surgeon.

The best candidates for eyelid surgery are men and women who are physically healthy, psychologically stable, and realistic in their expectations. Most are 35 or older, but if droopy, baggy eyelids run in your family, you may decide to have eyelid surgery at a younger age.

A few medical conditions make blepharoplasty more risky. They include thyroid problems such as hypothyroidism and Graves' disease, "dry eye" or lack of sufficient tears, high blood pressure or other circulatory disorders, cardiovascular disease, and diabetes.

Questions and Answers



Q

What is blepharoplasty?

Blepharoplasty rejuvenates puffy, sagging or tired-looking eyes by removing excess fat, skin and muscle from the upper and lower eyelids. It may be performed for cosmetic reasons or to improve sight by lifting droopy eyelids out of the patient's field of vision. Some people have eyelid surgery to correct problems that are a result of aging, while others have inherited traits that cause them to seek treatment as early as their 20s or 30s. At Focus, Dr. Smith performs the procedure with local anesthesia in a procedure that lasts between 45 minutes and 3 hours.

Q

Am I a good candidate for eyelid surgery?

Any one or combination of the following conditions may indicate that you are a good candidate for eyelid surgery:

- excess skin obscuring the natural fold of the upper eyelids
- loose skin hanging down from the upper eyelids, perhaps impairing vision
- a puffy appearance to the upper eyelids, making the eyes look tired
- excess skin and fine wrinkles of the lower eyelids
- bags and dark circles under the eyes, often with a depression along the bony border of the lower eyelids

Aesthetic eyelid surgery can usually correct these problems, though other treatments may also need to be considered.

Q

I understand that every surgical procedure has risks. How can I learn more?

Fortunately, significant complications from aesthetic eyelid surgery are infrequent. Every year, many thousands

of people undergo successful eyelid surgery, experience no major problems and are pleased with the results.

The subject of risks and potential complications of surgery is best discussed with your surgeon.

That said, some of the potential complications that may be discussed include hematoma (an accumulation of blood under the skin that may require removal), infection and reactions to anesthesia. Following the surgery, there can be a feeling of dryness or irritation in the eye that requires treatment. There is a possibility of a temporary decrease in sensation of the eyelid skin or impaired eyelid function that sometimes may need to be corrected by additional surgery.

You can help minimize certain risks by following the advice and instructions of your oculoplastic surgeon, both before and after your eyelid surgery.



Q

What can I expect on the day of my surgery?

Your eyelid surgery will be performed at the Everest SurgiCentre.

Medications are administered for your comfort during the surgical procedure. When surgery is completed, you will be taken into a recovery area. Your vision will be blurry as a result of ointment used to soothe and protect the eye during surgery as well as from the swelling that is a normal aftermath of eyelid procedures. There is surprisingly little discomfort, however, from the surgery.

Occasionally, local anesthesia and intravenous sedation are used for patients undergoing eyelid surgery. For your safety, your heart, blood pressure, pulse and the amount of oxygen circulating in your blood will be closely monitored.



Q

How will I look and feel initially?

It is important to realize that the amount of time it takes for recovery varies greatly among individuals.

The first evening after surgery, you should rest quietly with your head elevated. Your surgeon may instruct you to apply cold (ice) compresses to your eyelids. You may take acetaminophen for pain but not Aspirin or anti-inflammatory medications.

Initially, you may feel a “tight” sensation around the eyes and some mild discomfort that can be controlled with oral medication. During the first 48 hours following surgery, patients experience varying degrees of swelling and bruising. Some patients find that mild swelling persists for several weeks, while others may see swelling resolve in as little as one week. Bruising typically disappears within seven to ten days. Within the first week, you may use makeup (on the cheek area only, until sutures are removed) to hide discoloration. Stitches are usually removed within a week of surgery.

Your vision may continue to be somewhat blurry for a few days or longer. Your eyes may be temporarily sensitive to light, and you may experience excess tearing or dryness. Some plastic surgeons recommend eye-drops to help relieve any burning or itching. You may want to wear dark sunglasses for a couple of weeks to protect your eyes from wind and sun irritation.

Q

When can I resume my normal activities?

Straining, bending and lifting should be avoided during the early postoperative period. In many instances, you will be able to resume most of your normal activities within ten days or less. Although you might feel like going back to work just a few days after surgery, your vision may still be slightly blurry which could make reading or other paperwork more difficult. You should not wear contact lenses for a week or two.

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