

## **Lower Eyelid Surgery**

***Cosmetic surgery to remove undereye bags and smooth the skin for a fresher, more youthful appearance***

### **What is Lower Eyelid Surgery?**

Lower Eyelid Surgery or Lower Blepharoplasty is an operation to remove sagging skin and bags from below the eyes. The surgery reduces under eye puffiness to leave the eyes refreshed and rejuvenated.

At Bella Vou, a Cheek Lift is often performed as part of Lower Eyelid Surgery. A Cheek Lift treats flattened or drooping cheeks and reduces under-eye hollows or puffiness. The surgery also addresses deep lines between the nose and mouth, reduces facial flatness, and restores a youthful contour.

### **Why have Lower Blepharoplasty?**

Age, genetics, and illness can leave the area under the eyes puffy and saggy. Eye bags can make you look old and exhausted, even when you're feeling fine. If your eyes are affecting your body-image, the specialist surgeons at Bella Vou can help.

Lower Blepharoplasty can remove bags, and lift and smooth the area under the eyes, to revitalize your appearance and restore your self-esteem.

### **What happens in Lower Blepharoplasty?**

At Bella Vou, Lower Eyelid Surgery is usually carried out under local anaesthetic. However, sedation or general anaesthetic is also available for people who would prefer not to be awake for the procedure.

The surgeon makes an incision around the lower lash margin, then removes, lifts, or reshapes the fat pads to smooth and contour the area between the lower eyelid and the cheeks. They can also hitch the muscle layers, and remove all excess skin and fatty tissue to treat bags and puffiness.

### **How long is the recovery from Lower Blepharoplasty?**

Any surgery can cause swelling and bruising. The skin around the eyes is thin and delicate, so bruising and swelling can be extensive. If you do not want people to know that you have had surgery, it's sensible to arrange a week away. The stitches, bruising, and swelling will all be evident before this time.

The surgeons carefully place the scars under the lower lash margin. They fade quickly to become invisible. In the meantime, concealer can be worn to hide scars and bruises. Your surgeon and the specialist team at Bella Vou will offer support and guidance about how to safely camouflage the area.

## **Quick glance guide to Lower Blepharoplasty**

**Procedure Time: 1 - 2 hours**

**Recovery: 1 week**

**Anaesthetic: Local anaesthetic**

**Hospital stay: No**

**Treats: Puffiness and bags under the eye**

### **Why choose Bella Vou for your Lower Blepharoplasty?**

Bella Vou offers clients a uniquely individual approach to cosmetic surgery. The state-of-the-art clinic provides the very latest surgical, cosmetic, and aesthetic treatments in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a very personal touch throughout the client journey. The highly-skilled, professional staff are passionate about helping people achieve the results they want, but also making their experience enjoyable and hassle-free.

Bella Vou's leading cosmetic surgeons are recognised by the most highly-regarded aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS). The clinic and leading-edge operating suite are approved and inspected to ensure the highest standards of patient care, cleanliness, and infection control.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is confident in the skills of the staff and provides a benefit warranty to provide patients with peace of mind. If there is a complication, the client will be looked after throughout, without any extra charges.

***Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.***

### **Your Lower Eyelid Surgery journey at Bella Vou**

#### **Free, no-obligation consultation**

Bella Vou offers every client a free consultation with an expert, accredited cosmetic surgeon with no obligation to proceed to treatment.

The consultation is an opportunity to discuss the concerns you have with your eyes. The surgeon will examine the degree of skin laxity and wrinkles in the lower eyelid and assess whether the muscle is loose and protruding. They'll also check if there's any fat behind the muscle pushing through, which can make the eyes look heavy. Bella Vou will then give you an impartial professional opinion about whether Blepharoplasty can help you achieve the appearance you want. Mr Amir Nakhdejvani says:

*'We make sure that we advise people correctly about whether surgery is right for them. We treat everyone as if they were our family. At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'*

## **Meet your surgeon**

You will be offered a further appointment with your consultant before proceeding to Blepharoplasty. This will give you a chance to find out more about the procedure and to ask any questions you may have.

## **Preparation for Lower Blepharoplasty**

You'll be given individual pre-operative advice to reduce your chance of bleeding or infection and support your healthy recovery.

It's important to let your surgeon know if you're on any prescription or over-the-counter medications. You may be asked to stop taking aspirin or anti-inflammatory tablets, which can increase the risk of bruising. It's also essential to stop smoking cigarettes and e-cigarettes before and after surgery because they can interrupt healthy healing.

On the day of your surgery, you'll be welcomed to Bella Vou, given a gown to wear and escorted to the state-of-the-art operating theatre. As you'll be awake for your procedure, your surgeon will greet you, explain what will happen, and offer reassurance throughout the operation.

## **What happens during Lower Blepharoplasty surgery?**

The surgeon will make precise markings on the lower lids to guide the surgery. They will cleanse the skin around your eyes and inject local anaesthetic. The area rapidly becomes numb, you may feel movement and pressure, but the procedure will be pain-free.

The surgeon makes an incision just under the eyelashes so that it is hidden in the natural laughter lines. Your consultant will carefully lift and reposition the fat pads, tighten the muscles, and excise extra skin, removing bags and smoothing the contour between the lower eyelid and the cheeks.

The surgeon will stitch the wound closed using fine sutures, which may be absorbable or non-absorbable depending on your skin and the extent of surgery.

## **Recovery from a Blepharoplasty**

You will usually be able to go home on the day of the procedure, with no drains or drips. Swelling and bruising are normal after Blepharoplasty because the skin is thin

and delicate. The staff at Bella Vou will offer analgesia, carefully monitor your recovery, and provide support every step of the way.

After one week, the nurse and wound care specialist will check your scars and remove any sutures. Most people find that bruising and swelling fades by a week to ten days; the team will offer guidance about how to safely conceal any bruising as you recover.

At around six weeks, your surgeon will check your progress and ensure that you are healthy and happy with your results. However, the Bella Vou staff are always available if you have any questions or concerns between appointments.

## **FAQs**

### **Can I know how my results are likely to look?**

Bella Vou has an extensive album of images of people who have recently undergone Blepharoplasty. This can help you more closely appreciate your likely results.

While everyone heals differently, the surgeon's aim is your satisfaction. Cosmetic surgery is a balance of both form and function, and the specialists at Bella Vou are tireless in the pursuit of excellence.

During your consultation, your surgeon will help you have a clear understanding of your likely results. So, while they can't show your exact outcome, they will be able to provide you with a clearer picture of the process.

### **Is it safe to have Anti-Wrinkle Injections with Eyelid Surgery?**

If you are having Eyelid Surgery, you should avoid Anti-Wrinkle Injections on the forehead, glabella (the area between the eyebrows, under the eyebrows and crow's feet). Injections can change the overall amount of skin laxity and give a false impression of the amount of skin available. So it's essential to avoid them before your consultation and before surgery. It is, however, okay to have Anti-Wrinkle Injections immediately after the surgery or even on the day of surgery.

### **I have had Eyelid Surgery before. Can it be repeated?**

In some people, the eyelid skin is very soft and can stretch again over time. Further skin may need to be removed to maintain the cosmetic result. Sometimes the brow drops, giving the appearance of loose skin around the eyes. If this is the case, a Brow Lift may be more appropriate than revision Eyelid Surgery. Your surgeon will be able to assess your eyes at consultation and recommend the best treatment programme for your needs.