

Open your Eyes

Upper blepharoplasty, lower blepharoplasty and mid-facelifting are the cornerstones of eyelid rejuvenation. Consultant plastic surgeon Mr Gary Ross describes how he combines these techniques to provide individualised results

The eyes are one of our most striking facial features and rejuvenation of the eyes in the form of blepharoplasty helps to provide a more youthful look with minimal downtime.

Upper blepharoplasty is a common procedure where the skin of the upper eye is removed, placing the scar in a natural crease line. It is one of the commonest aesthetic procedures and results in minimal downtime with minimal risks and complications. It can often be performed under local anaesthetic. Sometimes small amounts of fat need to be removed and occasionally fat needs to be added in the form of autologous fat transfer.

The ageing process leads to weakening of the muscles of the eye and

drooping of the contents and this is particularly important in the lower eyelid. Lower eyelid blepharoplasty is often performed in combination with upper blepharoplasty.

In lower eyelid blepharoplasty, the contents of the orbital septum need to be tightened and patients often need treatment of eye bags and hollowing, which result from ageing of the lower lid and sagging of the mid-face.

This lid-cheek junction and mid-face sagging often is not addressed by a standard blepharoplasty technique but by using the same minimal scars as a lower blepharoplasty the mid-face can be lifted so that the sagging tissue of the mid-face can be repositioned into the lid-cheek junction, disguising the hollowing and

rejuvenating not just the eyes, but also the mid-face.

It is well known that the ligaments of the mid-face relax as we age, with thinning of the tissues and sagging of the soft tissue. The aims of mid-face rejuvenation are to reposition this sagging tissue. Previously, facelifting techniques would be required to lift the mid-face through separate scars and although in certain patients this still remains the best option – especially in patients with drooping of the jowls and lower face – the mid-face can often be addressed adequately through this minimal scar technique.

The mid-facelift in combination with blepharoplasty can tighten the sagging lower eyelid and the mid-face through a minimal incision with a net effect that minimal tissue needs to be removed and the tissue is simply repositioned into a higher position. Sometimes additional tissue in the form of autologous fat needs to be added.

The recovery following this surgery is a lot quicker than standard facelifting techniques.

CS&AG

Treatment: Blepharoplasty combined with mid-facelift

Price: From £4,000

Time taken: 1.5 hours

Anaesthetic: General

Hospital stay: Overnight

Available from: For more information visit www.garyross.com

■ ■ ■ On the up

This lady underwent upper blepharoplasty. The post-operative photograph has been taken at four weeks after the surgery. The procedure is often carried out as a local anaesthetic and gives significant eye rejuvenation with minimal downtime.



■ ■ ■ Tighten up

This patient underwent an upper blepharoplasty with tightening of the orbital septum.

Even in a younger patient the results of an upper blepharoplasty procedure can be dramatic and provide a rejuvenated look that is long lasting.



■ ■ ■ Keeping up appearances

There is sagging of the orbital contents and sagging of the eyelid muscles. By lifting the mid-face into the lid-cheek junction and tightening of the orbital septum and its contents, one is able to rejuvenate both the eyelids and the mid-face simultaneously.



■ ■ ■ Excess baggage

Excess skin combined with drooping of the soft tissues of the mid-face and weakening of the muscles around the eye was dealt with by a wide undermining of the mid-face, tightening of the orbital septum, removal of excess skin and upper blepharoplasty.



■ ■ ■ Lift off

Here we have hollowing of the lid-cheek junction and drooping of the soft tissue of the mid-face with weakening of the ligaments. By lifting the mid-face into the lid-cheek junction, we can disguise the signs of ageing. An upper blepharoplasty has also been performed.

