

THE ULTIMATE GUIDE TO AN **EYELID LIFT**

(Blepharoplasty)




DR. BRYAN
MCINTOSH
Refining Natural Beauty

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Are your eyelids sagging and impairing your vision? Do you wish you could remove the bags under your eyes and look young again?

Being concerned or self-conscious about attributes of your physical appearance is completely normal. But why leave it at that? Why be one of the hundreds of thousands of women each year that choose to continue living with body image issues, low self-esteem, and self-conscious thoughts?

Advancements in medicine and medical technology have provided access to treatment options to address these types of issues, providing that self-confidence we need to allow our inner beauty to shine through. Cosmetic surgery is a safe, affordable, and effective way to enhance aspects of your body that detract from your self-image and self-confidence.

By choosing a highly trained, board certified plastic surgeon like Dr. Bryan McIntosh, you can be assured that you've made the right decision to have eyelid surgery, and achieve a renewed self-confidence because of your attractive new appearance.

Preparing for Plastic Surgery

Plastic surgery spans a wide range of procedures, including: breast augmentation (augmentation mammoplasty), tummy tuck (abdominoplasty), dermabrasion, reconstructive procedures, and many more. According to the American Society of Plastic Surgeons, of the 1.7 million cosmetic surgical procedures performed in 2016, the top 6 were:

1. Breast Augmentation (290,467 procedures—up 4% from 2015)
2. Liposuction (235,237 procedures—up 6% from 2015)
3. Nose Reshaping (223,018 procedures—up 2% from 2015)
4. Eyelid Surgery (209,020 procedures—up 2% from 2015)
5. Facelift (131,106 procedures—up 4% from 2015)
6. Tummy Tuck (127,633 procedures—no change from 2015)

CHOOSE THE RIGHT SURGEON

We believe that choosing the right surgeon is one of the most important factors in your decision to have eyelid surgery. Because it is legal for any licensed physician to offer cosmetic services, a doctor calling themselves a “Cosmetic Surgeon” could be an ENT (Ear, Nose, and Throat) Surgeon, a Dermatologist, a General Surgeon, an Ophthalmologist, a General Practitioner, or an actual Plastic Surgeon. However, in order for a physician to be a “Plastic Surgeon”, they must complete an approved Residency training program specifically in Plastic Surgery. And only a highly-trained and very experienced Plastic Surgeon can become Board Certified by the American Board of Plastic Surgery.

Of course, you should choose a surgeon that is highly-qualified, experienced, talented, and certified in plastic surgery by the American Board of Plastic Surgery. But you should also choose a surgeon who is patient, understanding, able to communicate well, and someone with whom you connect. You need to feel comfortable asking your surgeon a lot of questions, so you can assess whether or not they will be a good fit for you and your needs.

Questions You Should Definitely Ask:

- ✓ Are they a highly-trained plastic surgeon, or merely a “cosmetic surgeon”—a doctor from another field of medicine offering cosmetic procedures? What kind of training have they received? What schools did they attend and graduate from? And what post medical school residencies and fellowships did they complete? (They should have completed a residency or fellowship specifically in Plastic Surgery. You don’t want someone whose only training was a brief, several week course in cosmetic procedures.)
- ✓ Does your surgeon have enough of the right kind of experience performing the type of surgery you desire? How many of these procedures have they performed? (It’s best if your surgeon has performed a lot of these types of procedures over the course of several years.)
- ✓ Are they Board Certified? (It’s best to find a Plastic Surgeon that has been certified by the American Board of Plastic Surgery, as Dr. McIntosh has been.)

UNDERSTAND THE RISKS

Is your plastic surgeon suggesting that your procedure will be risk-free? This should be viewed as a huge red flag, because real professionals know that there is never a risk-free surgical procedure. Every surgery presents some level of risk to the patient, so it’s important to know exactly what these are for you.

During your consultation with Dr. McIntosh, he will be open and honest about the possible risks of an eyelid lift procedure, or any other procedure that may be discussed. In order to fully assess whether a procedure would be a good fit for you, it is vitally important that you fully disclose all of your current health conditions, whether or not you think they are important or would be relevant. Chronic headaches, STD’s, heart disease, or even something as small as a residual chest cold could make the difference between safely performing a procedure next week, having to wait, or not being a candidate at all.

Health conditions, medications, herbal medicines, and even herbal supplements can all affect you while under anesthesia, during surgery, or during your recovery. Full disclosure will allow Dr. McIntosh to minimize the risks associated with a nose reshaping procedure, and keep you safe and healthy while helping you achieve your goals.

VERIFY YOUR INSURANCE COVERAGE

Generally, cosmetic procedures such as an eyelid lift for purely cosmetic reasons are not typically covered by insurance, unless deemed medically necessary. So it is very likely that the surgery will not be covered by your insurance company. This means that you should plan to pay for the entirety of the procedure out of your own pocket, or through special financing.

While there are certain procedures that may be covered by insurance, this typically only applies if they are deemed medically necessary by your insurance provider. Examples of this might include an eyelid lift (blepharoplasty) to improve impaired vision, or a nose job (rhinoplasty) to repair a deviated septum. It is rare that nose reshaping for purely cosmetic reasons would be considered medically necessary by an insurance company.

If you feel that your cosmetic surgery may be able to qualify for insurance coverage, call your individual insurance carrier to discuss the possibility of filing a claim or obtaining prior approval. We'd be happy to write a letter to your insurance company to assist you in obtaining pre-authorization for a procedure as well.

UNDERSTAND YOUR PROCEDURE

It is important that you have a clear understanding of all that your desired surgical procedure entails. A thorough knowledge of the procedure itself, how to prepare, what to expect during recovery, and a realistic expectation of the results and what to expect in the years to come is the best way to ensure your overall satisfaction.

Tell your surgeon what your goals are, and how you think the specific surgery you're requesting will fulfill them. While many things can be modified and improved by plastic surgery, there may be some limitations to what can actually be achieved. You should not go into any surgery with unrealistic expectations of the outcome. Having an open and honest discussion with your plastic surgeon about this will ensure that you are not disappointed with the results of your procedure, but instead are thrilled and inspired!

KNOW THE COSTS

The cost of plastic surgery varies greatly. Not including anesthesia, elective cosmetic procedures can range in cost anywhere from \$500 to \$10,000 or more. These costs will vary according to the type of surgery being performed, what type of sedation or anesthesia is needed, and whether or not an overnight stay is required.

Because plastic surgeons understand that the costs of surgery can be high, and that some patients may not be able to afford to pay the full amount that's required at the

time of surgery, most offices, ours included, have partnered with lenders who specialize in providing healthcare financing options that accept payment plans. We don't want financial burden to hinder you from achieving the look that you've been longing for and dreaming about for years.

HAVE REALISTIC EXPECTATIONS

Of course, making the choice to have plastic surgery should not be one that is entered into lightly or too quickly. The decision to have your body and physical appearance permanently altered through surgery is a serious one, and you should have realistic expectations of what cosmetic surgical procedures are able to achieve for you in helping you attain your desired appearance.

Becoming educated about the procedures that you desire, and having honest and open conversations with a trusted plastic surgeon will help move you closer to achieving your individual goals.

Understanding the Eyelid Lift Procedure

Eyelid Surgery, or Blepharoplasty, also commonly known as an eyelid lift, is a cosmetic procedure that reduces bagginess from lower eyelids, and removes excess skin from the upper eyelids. This is a lesser known, but extremely valuable, form of plastic surgery performed for both medical and cosmetic reasons. Whether you want to improve your appearance or are experiencing functional problems with your eyelids, eyelid surgery can rejuvenate the area surrounding your eyes.

Each year, thousands of people, both men and women, undergo eyelid surgery in an effort to reduce the signs of aging or to improve impaired vision. Drooping eyelids and bags beneath your eyes can make you look worn, tired and old. Eyelid surgery is often performed in conjunction with other facial enhancing procedures such as a browlift, facelift, or skin resurfacing to achieve maximum results.

It is also an effective way to improve sight in older individuals whose drooping eyelids are obscuring their vision. Additionally, it is performed on certain individuals of Asian ethnicity who lack a crease in their eyelid, a procedure called a double eyelid surgery.

For cosmetic purposes, the surgery reduces the appearance of age and exhaustion around the eyes. As we age, muscles, skin, and other membranes lose elasticity, causing sagging and bulging of the skin. This surgery can restore a youthful appearance, relighting your eyes and revealing the natural beauty within.

What an eyelid surgery can treat:

- ✓ Loose or sagging skin that creates folds or disturbs the natural contour of the upper eyelid.
- ✓ Impaired vision due to folds or drooping of the upper eyelid.
- ✓ Puffiness of the upper eyelids due to excess fatty deposits.
- ✓ Bags under the eyes.
- ✓ Drooping lower eyelids that reveal the white of the eye below the iris.
- ✓ Excess skin and fine wrinkles of the lower eyelid.

This procedure will not diminish dark circles, lines around the eyes, or sagging eyebrows.

WHO IS A GOOD CANDIDATE FOR AN EYELID LIFT?

Good candidates are those in good health that need to improve their sight, or those who wish to adjust the drooping of their eyes for cosmetic purposes.

Preparation for an Eyelid Lift

The first thing you need to do is find an excellent plastic surgeon who is trustworthy, board certified, experienced in breast augmentation procedures, and someone with whom you feel comfortable. During your consultation, it is important that you ask questions and understand the answers that you are given. Having a candid discussion with your plastic surgeon about your personal goals and desires for your appearance following the procedure will help to ensure that you are pleased with the results.

PREPARING YOUR BODY

Before undergoing an eyelid lift procedure, you should:

- ✓ Have a thorough knowledge of the procedure, including the length of recovery and possible complications.
- ✓ Quit smoking at least four weeks before your scheduled surgery. It is important that smoking is stopped completely, as the use of tobacco makes complications more likely, and it also tends to slow the healing process. You should also not smoke for an additional 4 weeks following the procedure. If necessary, you may need to purchase nicotine patches. If this is the case, be sure to discuss this with your plastic surgeon upon your initial consultation.
- ✓ Eat well. Fresh fruits, vegetables and whole grains have high nutrient density which will help your body recover more quickly. Avoid any rigorous dieting or fasting for at least several weeks before surgery.
- ✓ Tell your surgeon about any prescription medications, herbal medicines, or herbal supplements that you are taking. Your surgeon may instruct you to stop taking one or more of these of these medications for a span of time prior to and following your surgery.
- ✓ Have any blood tests done that your plastic surgeon recommends.
- ⊘ Do not take Aspirin, Ibuprofen, or similar drugs for at least 10 days prior to your surgery.

- ⊘ Do not eat or drink anything during the 8 hours before surgery.
- ⊘ Do not consume alcohol for at least 48 hours prior to surgery.

PREPARING YOUR HOME

You'll also need to devote some time to preparing your home for your return after surgery. There will be several days during which you will need lots of rest and quiet. Being well-prepared beforehand is key.

If you have family members, especially children, you will want to have an open discussion with them regarding the fact that you will be having surgery. Explain to them that after the surgery your face and eyes may be swollen and bruised for some days, but that this is normal and there is no cause for concern. Also, communicate that they may need to be very quiet for several days, because you will require lots of rest. If it is possible, it can be a good idea to send the children to stay with friends or family members for a couple of days after the surgery to ensure that you get the rest that you need.

Similarly, if you have pets that require a lot of attention, you may want to board them for the first week following the procedure.

Before your procedure, you'll want to get a few things ready:

- ✓ Ice packs and cold compresses.
- ✓ Any prescriptions or eye drops recommended by your doctor.
- ✓ A dim, comfortable area of your home to rest in while recuperating. It may be several days before you are able to return to normal activities. Make arrangements beforehand to take vacation from work.
- ✓ Because your eyes may be swollen or tender following the surgery, audiobooks may be a good form of entertainment for you.
- ✓ You'll need a family member or friend to collect you following the surgery as you will not be able to drive yourself home. It's advised that they also spend the night with you, if possible, to ensure you will have assistance in case any complications arise.
- ✓ Make sure that you have enough groceries to last you several days, as it strongly recommended that you avoid driving and any physical exertion for several days after the procedure.

ON THE DAY OF YOUR PROCEDURE

On the day of your nose reshaping surgery, plan to arrive about 15 minutes before your scheduled appointment time. This will allow you time to complete any unfinished paperwork, or ask any additional questions that you have regarding the procedure.

When you go in for your surgery, keep these things in mind:

- ✓ Wear loose-fitting, comfortable clothing.
- ⊘ Do not wear contact lenses.
- ⊘ Do not wear jewelry.
- ⊘ Do not wear makeup.
- ⊘ Do not wear nail polish.

Once you are moved into the operating room, your doctor will administer the chosen method of sedation. Some surgeons prefer to use a general anesthetic, while others may opt for an intravenous sedation combined with oral medications. You will have discussed this with your cosmetic surgeon during your preoperative consultation.

Your plastic surgeon will mark the lines of where creases in your eyelids should be placed. These natural folds will camouflage scars. In the case of the upper eyelid surgery, the incision is made along this natural crease. The incision opens the skin to allow for excess fat to be removed or repositioned. Excess skin and loose muscles are removed as well. Tiny sutures close the incision site.

In the case of lower eyelid surgery, the surgeon will place the incision just under the lash line. Once the incision is made, the excess fatty tissue and skin may be removed. Again, tiny sutures close the incision.

The entire procedure commonly takes between one to two hours. Your surgeon will likely place small sterile bandages over the incisions, but no eye patches will be necessary.

DURING YOUR RECOVERY

Following a blepharoplasty surgery, it is normal to experience swelling and bruising around the eyes. There will also be some pain that should be easily controlled by over-the-counter pain medications. It is also normal to experience itchiness and scabbing.

Some patients have reported some mild tenderness to their eyes for several weeks following the procedure.

It is important that you carefully follow the information given you by your surgeon, as there will be certain activities that you should avoid following surgery. Your surgeon may prescribe medication for discomfort, and eye drops may be recommended as well.

Cold compresses and ice packs placed gently over your eyes will help to minimize pain and swelling. Keeping your head elevated will also help to speed recovery.

Stitches are normally removed 3-6 days after surgery if self-absorbing stitches were not used. Most patients have regained all their normal activities within 10-14 days.

POSSIBLE COMPLICATIONS

The risks of eyelid surgery are very minimal, and the results are typically very successful. There are, however, occasions in which patients may experience slow healing, or persisting fat deposits and loose skin. Some patients have also reported dry eyes and, in very rare circumstances, negative effects on vision.

As with any surgery, there are risks of complications, such as infection or continued bleeding. Blepharoplasty, however, has one of the lowest percent of reported complications of any cosmetic surgery.

If you have any health conditions that could prevent a full recovery for you, it's important that you discuss this with your doctor before the surgery.

ENJOYING YOUR NEW EYES

Eyelid surgery is one of the best ways to reduce the appearance of age and exhaustion, and as such is one of the most simple and effective ways to regain your natural beauty. Your eyes, as the windows to your soul, are the first thing that others notice about you.

They are ways that you can see and communicate with the world around you. Facial plastic surgery can correct these flaws that are disguising your natural beauty, and help you regain confidence to look the world in the face.

Personalized Consultation

Welcome to the new and improved version of you! Dr. McIntosh specializes in performing nose reshaping surgeries as well as many other procedures to help patients look and feel their best. He loves to help patients uncover new beauty and gain self-confidence. Our patients are consistently pleased with their results.

We would love to connect with you during one of our consultations to hear your concerns, and learn how you would like to rejuvenate your appearance. Our goal is to help eliminate any feelings of self-consciousness you may have about your physical appearance so you can be confident in your beautiful new body.

Contact us to schedule a personalized consultation for Nose Reshaping:

(425) 357-7727

office@drbryanmcintosh.com



Office of Dr. Bryan McIntosh
12301 NE 10th Place, Suite 101
Bellevue, WA 98005