

## EYELID SURGERY GUIDE

### EYELID SURGERY IN SANTA BARBARA FOR EYELID REJUVENATION

The face is usually the first part of the body to show signs of aging in and around the eye area. Interestingly, these common aging effects such as sagging upper eyelids and under-eye bags can be effectively corrected with a relatively minor cosmetic surgery procedure known as “[blepharoplasty](#).” This is basically a cosmetic form of [eyelid surgery](#) in Santa Barbara that is not only designed to restore the youthful look of a person’s face but also leaves the patient feeling vibrant and refreshed. Here is all the information you need to understand the benefits, costs, and potential risks associated with eyelid rejuvenation.

### TYPES OF EYELID SURGERY

Eyelid surgery in Santa Barbara is known by many names. It is also known as blepharoplasty, [eyelid lift](#), eye lift and eyelid tuck. When it comes to performing this procedure, it is important to understand that there are different types of eyelid surgeries. They include:

### UPPER EYELID SURGERY

#### What is Upper Eyelid Surgery?

Considered a [cosmetic eyelid surgery](#), eye rejuvenation is a minimally invasive surgical procedure that involves the removal of excess skin and fatty tissues from the eyelids. Basically, it is aimed at improving the appearance of tired, droopy eyes. When it comes to treating drooping eyebrows and crow’s feet, this procedure can be alternatively combined with certain treatments such as brow lift and other forms of cosmetic dermal fillers. Upper eyelid surgery Santa Barbara is plastic surgery of the eyelid to treat dermatochalasis, i.e. the excess of upper eyelid skin resulting from the loosening of tissues. The dermatochalasis is manifested by a horizontal fold of skin wrinkled by age, in the upper palpebral cavity.

Often performed from the forties, both in women and men, the surgery of the upper eyelid is to remove all superfluous skin, but leaving enough for the closed eyelid to cover the eyeball satisfactorily.

## UPPER EYELID SURGERY BEFORE AND AFTER



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Practiced at the level of the upper eyelids, a discreet incision hidden in the palpebral fold removes excess skin and the hernia that often exists at the inner corner of the eye, near the root of the nose.

### **Cost of Surgery**

An upper eyelid surgery in Santa Barbara costs around \$ 2,500 – 3,500.

This price is approximate because the prices vary according to the operating room and clinic costs, the type of anesthesia as well as the individual specificities inherent to each. The prices quoted are thus purely indicative and do not constitute an estimate. The precise estimate can only be established during an actual consultation.

## Upper Eyelid Surgery Recovery

Most people return to work a week after the eyelid surgery. One day after the operation, you can put back your lenses. Physical effort should be avoided for two or three weeks. At first, it is advisable to sleep with the head slightly higher (30 degrees) than the rest of the body. If you have any issues while recovering from eyelid surgery Santa Barbara please contact your plastic surgeon.

When there is a presence of excess pockets of fat and skin around the eye surgery may be necessary. Patients eligible for this surgery are typically those with droopy, puffy eyelids, sagging eyelids, hooded eyelids, loose skin, and excess fat deposits which are often caused as a result of aging. An upper eyelid surgery may be recommended to restore a youthful, refreshed appearance aimed at reversing the effects of time.

Eyelid surgery in Santa Barbara will require your surgeon to create some incision lines on the natural creases of the upper lids so as to hide any resulting scarring. To ensure a clear vision and youthful look, every excess skin causing a tired appearance or a droopy look will be trimmed away while the surgeon tries to lift and reattach the remaining skin. Sometimes, there may be the need to reposition the muscles before finally closing the incisions with fine sutures.

As earlier mentioned, this form of surgery is aimed at making the patient look refreshed and rejuvenated. As a result of over correction, a patient may have an unnatural "wide awake" look. However, it is good to know that the risk of experiencing such can be effectively avoided in the hands of experienced surgeons. Always consult a board certified plastic surgeon for eyelid surgery in Santa Barbara.

## BOTOX BROW LIFT BEFORE AND AFTER



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### Is an Eyelid Lift Possible Without Surgery Using Botox Brow Lift?

Until recent years, the facelift was the only solution to mitigate tired features, and botulinum toxin, long used in the medical sector as a drug (Botox), made its appearance in the aesthetic field. Botulinum toxin is now also used for the treatment of wrinkles. Both processes work well, but what is the best choice?

Botulinum toxin offers very satisfactory results by reducing expression lines on the upper face: around the eyes (crow's feet) and on the forehead. The resulting non-surgical approach can lift the brow which will cause the droopiness or sagging of the upper eyelid to be improved. The toxin can be used alone or in addition to injectable fillers such as injections of hyaluronic acid such as Juvederm and Radiesse. The results of these injections are not immediate, but visible after a few days and will see their effects last up to six months or more. This process does not require anesthesia and is almost painless.

## LOWER EYELID SURGERY

When it comes to removing excess fat deposits from under the patient's eye, surgeons often recommend lower eyelid surgery. Along with sagging skin, these fat deposits can be removed to make the patient look younger with a firm and much smoother skin above the cheek. Additionally, this procedure allows surgeons to effectively correct areas that previously looked sunken in under the eye by transferring dermal fillers or fat to hollowed areas. Apart from helping the skin look plump, the procedure also helps to make the area look healthy. In order to perform eyelid surgery Santa Barbara, the surgeon will need to carefully make an incision right below the lower eyelashes. Hidden from plain view, the surgeon will need to make the incision in a discreet place. Depending on the patient's particular situation, there may be the need to get rid of excess skin, fat and even muscle. In some cases, your surgeon may even want to redistribute the fat so as to effectively minimize uneven swelling and regulate puffiness. Interestingly, muscle laxity can be effectively corrected during this surgery particularly when it tends to pose a challenge. Even among the surrounding natural creases, the incision made to perform the surgery can heal very quickly.

### LOWER EYELID SURGERY BEFORE AFTER



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## Transconjunctival Blepharoplasty

Generally, transconjunctival lower eyelid surgery is recommended as an effective surgical procedure for patients with under-eye bags that are less pronounced. In such a case, there may be no need to remove any skin. Your surgeon only needs to get rid of excess fatty tissues by making several tiny incisions on the lower eyelid. To this end, there will be no visible scarring from the eyelid surgery.

## What is Lower Eyelid Surgery?

Lower blepharoplasty is the surgery that seeks the cosmetic improvement of the lower eyelid. It is the surgery that removes the bags from the lower eyelids and that in some cases can also improve the furrows of the dark circles. The skin can also be tightened when necessary. The eye lift surgery involving eyelid bags should be very individualized since there are different procedures for different kinds of people

## Cost of a Lower Eyelid Surgery?

For a lot of individuals who're considering that lower eyelid lift, the price is without doubt one of the primary reasons when finding out whether to bear the procedure. Although the rate of blepharoplasty varies with factors such as the variety of procedure used, it can also be useful not to forget that the method is not as expensive as different types of plastic surgery.

On average, the cost of lower eyelid surgery in Santa Barbara is approximately USD \$ 4,000 – 4,500.

## Lower Blepharoplasty Recovery

After lower eyelid surgery it is normal to feel the eyes or corneas somewhat irritated and dry, it is likely caused by the exposure of the cornea in the light of the operating room lamp or betadine used to disinfect the area. To remedy this, it will be necessary to apply eye drops during the day and use the ointment at night, keeping the cornea protected and lubricated. It is also advisable to wash the eyes with serum as many times as necessary, soothing itching or dryness.

In addition, the doctor is responsible for prescribing antibiotics, analgesics, as well as an eye drop and an ophthalmic ointment that must be applied at night, and especially ice, which must be placed in the inflamed area during the first days.

## Before a Lower Eyelid Operation

The laxity of the lower eyelid may require a canthopexy. Unlike the previous one, this intervention consists of removing excess skin with the aim of strengthening the eyelid and helping it maintain its natural shape. In the preoperative evaluation, the doctor will indicate if it is necessary to obtain a better result.

## Lower Eyelid Surgery Aftercare

After an eyelid operation, the recovery period begins. In comparison with other cosmetic surgeries, we can say that eyelid surgery in Santa Barbara has a short postoperative period and the improvement is immediate. If you follow the instructions of the plastic surgeon, in a few weeks you will be able to live a normal life and enjoy the results for many years.

### NON-SURGICAL EYE LIFT BEFORE AND AFTER



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## What is Non-surgical Eyelid Lift?

The tear trough region is the depression that exists underneath the eye and above the cheek so the side of the nose. It is an area in which there is no orbicular muscle only fat and collagen. This means that when the facial volumes begin to be lost and the skin begins to lose density, the depressions and grooves in the area are marked more and more. As a result of this aging process the eye are can become sunken and hollow. Dark circles and eye bags are another common issue. The use of tear trough fillers such as Restylane and Belotero provide a non-surgical solution to restore the under eye area. Using this procedure, the under eye hollows are filled in resulting in a fresher look. Facial fillers last anywhere from 6 months to one year so touch up procedures will need to be done over time. The non-surgical eyelid lift is a more conservative to approach to the lower eyelid blepharoplasty as it involves less risk, lower costs, quicker recovery as well as the benefit of not having to under general anesthesia. The non-surgical procedure can be the desirable method for eye rejuvenation until the time comes when surgery becomes the better option.

## Botox for Crows Feet

Botox is the treatment for crow's feet that achieves the best results in the aesthetics of the wrinkle maintaining the quality of the expression. Botulinum toxin is related to the musculature when it is injected due to its blocking action of the muscular neurotransmitters. Treatment is not painful; four small injections are made on the outside of the skin that borders the eye. It does not require anesthesia and the duration of the treatment is 20 minutes. After the treatment, a patient can get back to normal activities.

## Eye Bags Treatment

The eye bags are usually formed as a result of age. This is because, as they age, the tissues and muscles of that area weaken. However, there are other reasons that may cause its appearance. Among them, are fluid retention, poor circulation, lack of sleep and allergies. Making compresses with cool bags of green, black or chamomile tea will make your eyes relax. In addition, the anti-inflammatory properties of these varieties will make the bags disappear.

For this, place cold water in a cup and dip two tea bags inside it. Drain and remove them. Then, lie down with your eyes closed. Above them, place the frozen bags and leave them until they reach a normal temperature. When this happens, wet them again and repeat. You can repeat it for half an hour.

## UPPER AND LOWER EYELID SURGERY

### Upper and Lower Eyelid Surgery

Eyelid surgery in Santa Barbara involves a relatively simple procedure. Patients with obstructed vision caused by sagging upper lids may benefit from having the upper eyelids done which can go a long way in helping them regain their field of vision. Lower eyelid surgery may benefit those patients who are looking to effectively correct puffiness or sagging around the lower eyelids. In a bid to carry out these procedures, the surgeon will need to get rid of excess fat tissues and skin so as to enhance the patient's youthful facial aesthetic and establish a more refreshed look. Under local anesthesia, some patients may be required to undergo upper and lower eyelid surgery.

## What is Upper and Lower Eyelid Surgery?

Upper and lower eyelid surgery is a surgical procedure of the lower and upper eyelids. Drooping eyelids can affect peripheral vision and make daily activities more difficult.

## Upper and Lower Eyelid Surgery Cost

Eyelid surgery in Santa Barbara can be an expensive process, and in this sense, blepharoplasty has a price that many people may find excessive. It is true that it is a way to eliminate the eye bags definitely, also to correct dark circles, but still, it is possible that costs become difficult.

Upper blepharoplasty and lower blepharoplasty costs around \$ 7000 – 8,000.

Keep in mind that you may need a little more surgery than you initially think, or maybe something less.

## UPPER AND LOWER EYELID SURGERY BEFORE AND AFTER



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## What Is the Upper and Lower Eyelid Surgery Recovery?

Patients may undergo eyelid surgery in Santa Barbara on an outpatient basis or may stay overnight in the hospital. The surgeon will decide the appropriate option according to the particular situation of each patient. Hospitalization may or may not be necessary after eyelid surgery. The best environment for recovery will be determined by the preferences of both the patient and the doctor.

As for the recovery process itself, patients may experience swelling around the eyes. Any type of dryness in the area of the eye can be relieved with some ointment provided by the surgeon. Some patients could have blurred vision temporarily due to the use of the ointment. Generally, temporary blurred vision is one of the common side effects of eyelid surgery in Santa Barbara. Recovery may also include temporary sensitivity to light.

### Before a Lower and Upper blepharoplasty

At the first consultation, the cosmetic surgeon examines the eyes and eyelids. He asks the patient about his ophthalmological antecedents because if any anomalies are detected (eye dryness in particular), they can compromise the surgery of the eyes. The surgeon may request an ophthalmological examination to detect an ocular pathology.

The surgeon then details his intervention to the patient and gives him his estimate. A period of fifteen days of minimum reflection is then mandatory.

A visit with the physician-anesthesiologist must be scheduled at least 48 hours before the operation of the eyes in case of assisted local anesthesia (neuroleptic-analgesia) or general anesthesia. The latter examines the patient and chooses with him, according to his wishes, the most appropriate type of anesthesia.

### After the upper and lower eyelid surgery

An aesthetic surgery of the eyelids, or blepharoplasty, causes very little pain, if at all. The patient may, however, feel a slight tension in the eyelids, have slight visual disturbances (related to protective ointments).

Rest and effort limitation are recommended following cosmetic eyelid surgery in Santa Barbara. A swelling and bruises (bruises) may appear, of varying importance for different patients. Instillations of eye drop to protect the eyes can be offered for a few days depending on the case.

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## WHO IS A CANDIDATE FOR EYELID SURGERY IN SANTA BARBARA?

It is important to understand that the blepharoplasty procedure cannot be recommended for everyone. The ideal candidate must be made to understand that the surgery is exclusively performed to correct puffy upper eyelids, get rid of under-eye bags, and restore peripheral vision which could occur as a result of excess skin and fatty tissue around the eyes. Patients can be excluded from having the cosmetic eyelid surgery performed once they are discovered to have certain medical and ophthalmic conditions.

There are certain considerations that must be observed before anyone can be considered for an eyelid surgery. These include:

### Aesthetic considerations

Only patients with the following considerations are eligible for blepharoplasty.

- Realistic patients – i.e. those who have realistic expectations about the outcome of the surgery.
- Mentally and physically fit patients: Despite being considered as a minor surgical procedure, there are still certain risks involved. To this end, it is imperative for every eligible candidate to consider the different eyelid surgery risks before making a final decision on the process.
- Patients who are not less than 18 years old: While most eyelid surgery candidates are known to be much older (over 35 years old), there is every possibility to consider younger patients particularly if baggy or droopy eyelids are prevalent in their family.
- Patients with excess upper eyelid skin: Anyone with extra eyelid skin can be an eligible blepharoplasty candidate.
- Patients with tired looking eyes: People tend to appear much older and even more tired than they really are as a result of having tired looking eyes. This can be effectively corrected through eyelid surgery.
- Patients with puffy upper eyelids: the appearance of puffiness or under-eye bags or fat pads on the face can be addressed with blepharoplasty.

### Medical Considerations Before an Upper Blepharoplasty

People who undergo eyelid surgery in Santa Barbara have to have realistic expectations and be in good health.

Before eyelid surgery, the patient should have a detailed conversation with the consultant about blepharoplasty and the potential risks associated with the procedure. The patient should follow the preoperative instructions of the doctor carefully and review the postoperative instructions before the day of surgery. This will allow the patient to have some medication to relieve pain or necessary items such as gel packs, artificial tears, and gauze before the surgery.

Due to certain ophthalmic and medical conditions, patients seeking eyelid surgery (blepharoplasty) can be restricted from observing this procedure. Basically, this is because such conditions can potentially increase the risks involved in the surgery. There are certain ophthalmic conditions that can aggravate or complicate blepharoplasty risks on the eyelids including dry eye and glaucoma. Some medical conditions that can prohibit the performance of an eyelid surgery include high blood pressure, diabetes, cardiovascular disease, and Greaves disease (hyperthyroidism). A person can also be excluded from observing an eyelid surgery if he or she lacks

sufficient structure to support the procedure (improper orbital anatomy). Note that a patient's suitability for the procedure can also be affected by the condition of their bone, as well as the adjacent supportive structure.

It is crucial for patients to get themselves adequately prepared beforehand so as to be able to obtain a satisfying, successful, and safe eyelid surgery. There is no better way to prepare for your upcoming surgical procedure than meeting to discuss your health life with your surgeon who will essentially guide you on how to make the right preparation.

## **THE CONSULTATION PROCESS**

Scheduling an initial consultation with a surgeon is basically the first step to ensuring a successful eyelid surgery. Generally, it is expected for anyone considering blepharoplasty to work with a qualified surgeon whose main role is to help patients create realistic expectations about the outcomes of their eyelid surgery in Santa Barbara. In order not to leave any concern or question unattended to, your surgeon will take the time to discuss the procedure in great detail. This will also include the cost of the eyelid surgery during the consultation. It is important to note that your surgeon may recommend additional facial procedures such as nasal enhancement, cheek enhancement or lip augmentation depending on his or her observations as well as your immediate needs.

In order to ascertain that you are in a good condition to undergo eyelid surgery in Santa Barbara, your surgeon will request to view your comprehensive medical history. Also, ensure to get your surgeon in the know if you have bleeding disorders, heart disease, high blood pressure and other related conditions so he or she can guide you aright as these are known to be capable of elevating the risks associated with eyelid surgery. If you've observed blepharoplasty in the past, it is important to make your surgeon understand this beforehand as such procedure can affect the risk of complications. Depending on your health status, there may be the need to request medical clearance from your general physician who may also require you to perform some lab tests.

### **What to do before the surgery**

It is essentially important to cut down or cease completely (if possible) from drinking alcohol and smoking cigarettes few weeks before the actual surgery date. Also, you must endeavor to stop taking vitamin E supplements in the weeks leading up to your eyelid surgery. It is important to stop taking any form of tonic medicine like ginseng and ginkgo biloba as they are capable of extending bleeding even after the surgery has been performed. Also, try at all cost to cease from taking any medications that contain ibuprofen or aspirin in the weeks prior to your blepharoplasty surgery. If these drugs are essential to you, do well to ask your surgeon to suggest any acceptable alternatives to them. Finally, you should try as much as possible to continue taking the daily medicines and prescriptions approved by your surgeon.

### **How to prepare for the surgery**

Ensure to obtain the following items even before the day the surgery:

- Sufficient groceries for the week
- A bottle of artificial tears
- A bottle of acetaminophen
- Sterile gauze pads
- Gallon-size Ziploc® bags
- Clean bowl for cold water
- Clean washcloths
- Ice cubes

Also, do well to make necessary arrangements for transportation to and from your eyelid surgery location. You can have a relative do this for you. Lastly, ensure to adhere to all the instructions given you by your surgeon. Usually, patients are advised to abstain from eating or drinking anything immediately after midnight of the surgery day.

### **What to do on the day of surgery**

Just so you know, the directions for preparation for blepharoplasty may vary from surgeon to surgeon. However, it is important to understand the general guidelines that can be followed to ensure a successful and stress-free procedure. Ensure to verify the following guidelines with your surgeon before adhering to them.

- If you regularly use eye drops or prescription medicines, ensure to talk to your surgeon about them so as to be able to know whether they can be taken on the morning of your eyelid surgery.
- Make sure you wear comfortable clothing when coming for your surgery particularly one that is loosely fitted.
- Abstain from putting on any jewelry, contact lenses, false eyelashes and any other unnecessary accessories on the day of surgery.
- No cosmetics should be worn
- Avoid wearing make-up
- Before the procedure, ensure to wash your eyebrows, shower, and shampoo properly.

### **Make adequate arrangements for transportation and after-care**

The importance of having someone carry you home after the blepharoplasty cannot be overruled. Take the time to read and understand the post-operative care instructions provided by your surgeon. This information is essential if you must have a safe, comfortable, and successful recovery from eyelid surgery in Santa Barbara.

[SCHEDULE A CONSULTATION](#)

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## **BENEFITS AND RISKS OF PERFORMING EYELID SURGERY**

Eyelid surgery in Santa Barbara is a relatively mild surgery performed with lasers and other high-tech devices that require minimal trauma to the patient's body. This minimally invasive procedure is mostly performed to improve certain functional or aesthetic abnormalities of the eyelids. It is interesting to know that this type of procedure offers some great benefits to any eligible patient. Nevertheless, it is important to weigh the inherent side effects and risks before making a final decision on performing the procedure. While blepharoplasty is mostly associated with temporal side effects, it is, however, crucial to consider permanent impairment as a realistic concern.

### **Functional benefits**

When it comes to improving a patient's vision, there are several functional benefits that can be accrued from eyelid surgery. Just so you know, blepharoplasty does not only help to effectively restore obscured vision that might have been due to droopy, sagging eyelids but also enhances facial aesthetics.

While most cosmetic procedures are known to be elective in nature, they are not usually covered by insurance providers. However, it is good to know that most insurance providers will typically want to cover eyelid surgery as a non-elective procedure simply because it can be performed to restore vision. In a bid to effectively determine the extent your peripheral vision is inhibited by the excess skin, your surgeon may request to perform a visual field test. This is mainly aimed at establishing the actual range of vision.

### **Aesthetic benefits**

There are many aesthetic benefits to achieve with eyelid surgery in Santa Barbara. Improving the overall appearance of the eyes is basically the most obvious aesthetic benefit. When the upper eyelids of the eyes are obscured by excess skin, performing an eyelid surgery to get rid of the tissue may become necessary. Interestingly, blepharoplasty can also be recommended for a patient with a tired look. The procedure which can be used to correct fine lines and wrinkles and remove excess skin around the lower eyelids can also be used to correct puffiness in the upper eyelids thereby getting rid of tired eyes.

With eyelid surgery, your surgeon can effectively correct that droopiness that exposes the white portion of the eye beneath the iris and even remove those bags that sometimes appear beneath the eyes. As part of its aesthetic benefits, having eyelid surgery cannot only make you look better but also help you feel better about yourself. This form of surgery is usually performed to correct some flaws or defects that affect the way patients feel about their appearance. While boosting your confidence in your appearance, having a successful eyelid surgery can make you wear a smarter and even younger look.

## DOES BLEPHAROPLASTY HAVE ANY SIDE EFFECTS?

Like most surgeries, blepharoplasty does not occur without causing a secondary medical effect. Following the procedure, there are some common side effects patients can experience. These side effects which are usually known to be short in duration aren't usually detrimental as they can be effectively treated. In case of any scarring, or swelling, treatments are available to calm things down. Here are some helpful ways to handle post-operative pain.

### Scarring

There is every possibility to experience scarring after observing a blepharoplasty procedure. The amount of scarring and subsequent treatment can be effectively determined by a skilled facial plastic surgeon. However, it is good to know that scarring can be well-managed at the barest minimum when a highly skilled surgeon is involved. While it is expected to experience some degree of scarring after a blepharoplasty procedure has been performed, most scars won't last as they tend to fade away with time.

Some patients believe that scarring can be reduced to a minimum when vitamin E or Aloe Vera is applied after the sutures are removed. However, it is highly recommended to apply these creams with relative caution so as to avoid inflicting damage to the wounds.

### Swelling

It is normal to experience swelling around the incision areas following a successful eyelid surgery. But you can effectively minimize this side effect by applying iced eye pads or cold compresses. It is very important to do this with caution to avoid rupturing the incisions. Another natural way of minimizing swelling is by keeping the head in an elevated position for as long as possible. Most times, a patient can experience blurry vision for several days when a swelling occurs after the procedure.

Extreme swelling can be drastically minimized or even prevented when strenuous activities that are capable of increasing blood flow to the eyes such as excessive blinking are avoided. Placing ice compresses over the eyes can effectively help to keep it to a minimum.

### Pain

There is usually a relative amount of pain that accompanies blepharoplasty, despite it being a minimally invasive procedure. However, the severity of the pain experienced depends largely on the health of the patient and the skill of the operating surgeon. As the anesthesia wears off, the patient's eyelids will begin to feel sore and tight few moments after the surgery. Don't hesitate to consult your physician if you feel so uncomfortable with the pain associated with the post-operative recovery phase. Basically, your doctor will prescribe medication to alleviate the discomfort and lessen the intensity of the pain. This pain with is usually uncomfortable as described by some patients is not always extreme and can even be compared to that of a windburn or sunburn.

## ARE THERE ANY POTENTIAL COMPLICATIONS?

Like with most surgeries, there are some potential complications that could be experienced following eyelid surgery in Santa Barbara. Ranging from retinal detachment and hematoma to ectropion and infection, these complications do vary in severity. Typically, the likelihood of experiencing serious complications from the procedure can be influenced by the individual response of the patient to the eyelid surgery, as well as the surgeon's skill.

Other complications that can be experienced from eyelid surgery in Santa Barbara include blurred or double vision, difficulty keeping eyes closed when sleeping, burning of the eyes, adverse reaction to anesthesia, excessive tearing, and scarring. The best way to avoid these complications or risks is by ensuring full cooperation with your surgeon. Along with your willingness to cooperate, a qualified surgeon can help you manage your condition and effectively mitigate the risk.

## WHAT ARE THE RESULTS LIKE?

While bringing about an overall change in appearance, blepharoplasty results are mostly known to be aesthetically pleasing. However, it is important to note that these outcomes can vary from patient to patient. A successful eyelid surgery can leave you with a vibrant and much younger look. While this surgery can bring about some dramatic and pleasing results, there is also a possibility for your overall satisfaction to be impacted by certain complications. Nevertheless, it is good to know that they can be corrected with minor additional surgery or simple treatments. In most cases, these problems even get to go on their own.

## WHAT YOU NEED TO KNOW ABOUT EYELID SURGERY (BLEPHAROPLASTY) RECOVERY

Just like every other surgery, Blepharoplasty or eyelid surgery in Santa Barbara requires downtime for recovery. It is important that you learn as much as you can about what is involved in recovery after eyelid surgery. This piece is your complete guide to recovery after eyelid surgery. It includes tips on how to care for yourself after you've had eyelid surgery.

### What You Should Expect

You can have eyelid surgery and sleep in the hospital overnight, or you can go back home the same day. Whether or not you stay will depend on the doctor's observation. Just after the surgery, you should expect to see swelling, redness and incision areas. You might also experience excessive tearing for some time after the surgery. The surgeon will give you an ointment that can be applied to the area. You may experience a temporary vision blur when you use such an ointment, so you don't need to worry yourself. Even without using the ointment, you should not be surprised when you experience blurred vision as this is a common side effect of surgery. You might also experience some sensitivity to light after eyelid surgery.

## How To Care For Your Eyes After Eyelid Surgery?

Following the surgery, you will experience tightness and soreness in your eyelids. This can be treated with analgesics. Your doctor will recommend that you apply an ointment to keep the incision areas lubricated. You can also place cold compresses on the area to help reduce the swelling. Your surgeon will give you eye drops that will help keep your eyes from drying out. Within the first week after the procedure, you are advised to avoid activities that can make your eyes dry. Things like reading, wearing contacts, watching television and using a computer should be avoided as they can make your eyes dry. You can minimize the swelling and bruise by elevating your head as much as possible during the first few days after the surgery. You will meet your doctor two weeks after the surgery for the removal of the stitches. Ten days after the surgery, you may feel well enough to resume work and other activities after ten days. You are advised to wear sunglasses to protect your eyes from irritation for a few weeks after the surgery. Your eyes may tire easily weeks after the surgery. You should take frequent naps during the day to help you cope.

## How Many Weeks Do You Need To Recover?

The recovery period is usually many weeks after the surgery. The stitches will be removed within a week after the surgery, and you are advised to rest your eyes a lot during this period. The swelling and redness that occurs after eyelid surgery shouldn't be cause for concern. It will fade off eventually. Anything that will increase the flow of blood to the eyelids should be avoided. If your recovery takes longer than ten days, don't feel depressed. It takes more time for some people to heal completely after the surgery. You'll notice a welcome change in your appearance after a few weeks. Your eyes will look younger, and you'll look more alert. The lift you'll receive will remind you of why you decided to carry out the procedure in the first place. Your face will look younger and fresher after the swelling has Dr. Sheffield is a prominent Santa Barbara plastic surgeon who's goal of eyelid surgery is to provide a more youthful appearance with refreshed eyes which translates into a positive healthy image and improved self-esteem. Dr. Sheffield's practice today is focused on eyelid surgery and minimally invasive and non-surgical methods of facial rejuvenation. The options seem endless, but the idea is to understand the patient's goals and offer the patient a reasonable treatment plan which would meet or exceed their expectations.

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## [SCHEDULE A CONSULTATION TODAY](#)

Interested to know more about eyelid surgery in Santa Barbara? Wondering if you are an ideal candidate for the procedure? Schedule a consultation today with your Santa Barbara plastic surgeon! Call Dr. Sheffield at our Santa Barbara office (805) 318-3280.