

# EYELID REJUVENATION

**T** | By Stephen J. Laquis MD, FACS

he most vital and valued function of the eyes is that they provide us with the gift of vision. Beyond that, they are an essential part of how we convey emotion and engage with others. They are often the first thing noticed by others and contribute greatly to one's overall aesthetic appearance. Rejuvenation of the eyelids is the most commonly performed elective surgical procedure and serves not only to improve one's appearance, but also has the essential benefit of improving vision.

## UPPER EYELID REJUVENATION

While age is strongly correlated with "heavy eyelids", genetics play a vital role in determining your predisposition for this condition. Furthermore, the skin of the upper eyelid is the thinnest skin in the body. It can easily stretch from the mere act of blinking or as a result of medical conditions that cause recurrent eyelid swelling such as allergies, heart failure, or sleep apnea. One or a combination of these factors will cause the skin to stretch to such a degree that it ultimately will start to cause symptoms. Most commonly the excess skin of the upper eyelids will affect peripheral vision by extending over the eyelashes. Many times this goes unnoticed until it is very advanced as the process is gradual and most people develop adaptive mechanisms. Other symptoms are also common such as tired or heavy feeling eyes or difficulty performing activities of daily living that require concentration such as driving, reading or computer work. Intervention therefore is many times medically beneficial.



Upper and Lower Blepharoplasty - Before



Upper and Lower Blepharoplasty - 1 Month After

The surgical procedure to correct this condition is called an Upper Eyelid Blepharoplasty, and is covered by most insurance policies, including Medicare. A simple photograph and visual test is required for approval and can be done right in our office. Once submitted to your insurance company, the procedure is often deemed medically necessary, and authorization is obtained. The procedure is performed in an outpatient setting with both a local anesthetic and "twilight" type intravenous sedation. The procedure is quick and virtually painless. Recovery time is minimal and usually limited to 1-2 weeks of swelling and limited bruising, which usually subsides quickly with a post-operative regimen that includes the application of cold compresses. It is generally recommended that strenuous activities be avoided for at least ten days after surgery.

compresses and good sun protection. The result...smooth, natural appearing contours, and a younger looking, refreshed YOU! While this is considered a cosmetic procedure, the overwhelming response from our patients is that it was worth every penny. Many times patients choose to combine procedures and have an Upper and Lower Blepharoplasty during the same surgical time...the benefit of course is that you then just have one recovery period and can save on surgical costs.

## LOWER EYELID REJUVENATION

Similar to upper eyelids, age and genetics can cause changes to the lower eyelids. While excess skin may be an issue with the lower eyelids, often the problem is primarily the result of fatty pockets protruding forward. This is addressed with a procedure called a Lower Eyelid Blepharoplasty, one which can achieve dramatic results. Usually, this procedure does not require an external incision, which means no scar to worry about. It is accomplished through a small incision on the inside lining of the eyelid, fatty pockets are sculpted or removed. A chemical peel is many times applied to the external lower eyelid skin to tighten the skin and smooth out fine lines. Occasionally removal of lower eyelid skin is also necessary. Recovery time is 2-3 weeks, and requires cold

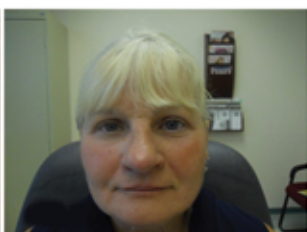
## About Dr Laquis

*Dr. Laquis earned his medical degree from New York Medical College. He completed his internship in Internal Medicine and his Ophthalmology residency at Yale University. After his residency he completed a two year fellowship at Vanderbilt University through the prestigious American Society of Ophthalmic Plastic and Reconstructive Surgeons. In addition to maintaining a successful private practice with locations in Bonita Springs and Fort Myers, he is the Chief of Ophthalmology for Lee Memorial Health System and an Assistant Professor at the University of South Florida where he trains surgeons in eyelid, facial cosmetic, and orbital surgery.*

*Our practice takes great pride in providing professional and clinically exceptional medical care to our patients. If this article left you with further questions or inspired you to explore some of the medical or cosmetic procedures presented, we encourage you to call us for a consultation.*



Upper Blepharoplasty - Before



After



Upper Blepharoplasty - Before



After

**For information call  
239-947-4042 or [www.laquis.net](http://www.laquis.net)**