

Plastic Surgery Bulletin

Timely Information for Patients & Colleagues

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Eyelid Rejuvenation: Minimally Invasive Procedures Can Make Improvements for Patients

"The eye is the jewel of the body."

Henry David Thoreau's quote reinforces the importance of the eyes to facial aesthetics. According to the American Society of Plastic Surgery, eyelid surgeries are number 4 in the top 5 cosmetic procedures performed in 2016. With time, signs of aging can manifest in the periorbital region.

Customized Options

Many options for improvement exist for patients to maintain a youthful, natural appearance.

Non-surgical options for periorbital rejuvenation include injections such as Botox® to minimize the appearance of fine lines. Thermi-smooth® is another non-invasive treatment modality that is a radiofrequency treatment to tighten collagen. Filler injections such as hyaluronic acid can also be performed around the eyes to improve the appearance.

When there is excess skin on the upper and lower eyelids, obstruction of vision from overhanging skin, and significant puffiness of the upper and lower eyelids, surgical options will be the next step.

Upper blepharoplasties involve surgery to remove excess upper eyelid skin and lift the eyelid. Excess fat can also be removed or transposed. The incision follows the natural crease of the eyelid.



Diagrams courtesy of American Society of Plastic Surgeons ©.

Patients that have documented visual field obstruction from the excess upper eyelid skin can have the procedure submitted to their insurance company for authorization.

The position of the eyebrow is also taken into consideration with eyelid rejuvenation. A low position of the eyebrows can contribute to the look of tired, aged eyes. Different types of brow lifts can be performed, including open and endoscopic techniques. An endoscopic browlift has minimal incisions hidden behind the hairline. It can result in an improved position of the eyebrow and thereby improving the appearance of the eyes.

The lower eyelids can have excess skin and puffiness. The lower blepharoplasty removes excess skin and can reposition the lower eyelid. Also excess fat can be removed or transposed to improve the appearance.



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How to Proceed

As with all plastic surgery, the goals and expectations of the patient are discussed. The options are presented to best address the patient's needs. I work closely with each patient on an individual basis in order to achieve their desired results.

A detailed facial analysis is performed at the time of the initial consultation to customize a treatment plan specific for that individual patient's requests and expectations. The patient is seen again prior to surgery for additional discussion and to answer all questions.

Surgery of the upper eyelids can improve vision if there is obstruction from overhanging skin. Upper and lower eyelid surgery can result in significant improvement in the appearance of the eyes and overall facial aesthetics.

For further information, please contact Dr. Zeineh at 714.997.4300.

About Linda L. Zeineh, M.D.

Dr. Zeineh combines 12 years of experience with cosmetic and reconstructive surgery in private practice with new technology and techniques in the care of her patients. Her first priority is the satisfaction and well-being of her patients, providing compassionate and personalized care.

A complete range of non-surgical and minimally invasive rejuvenation procedures are personally performed by Dr. Zeineh on her patients to achieve and maintain a youthful, refreshed, and natural appearance, including facial injections, skin tightening and facial/body contouring. Surgical procedures that Dr. Zeineh performs include: facial rejuvenation, body contouring, reconstructive and cosmetic breast surgery, and reconstructive surgery.

Dr. Zeineh respects your time and your privacy. If you no longer want to receive e-mails such as this one, please [click here](#). Note: Please do not respond to this E-Mail. The reply to E-Mail address is not a monitored account.

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