

Blepharoplasty

The eyes are often the first feature people notice, and the appearance of your eyelids can significantly impact your overall facial aesthetic and even your vision. Over time, the skin around the eyes can lose elasticity, leading to sagging upper eyelids, puffy lower eyelids with bags, and fine lines.

Rejuvenating Your Eyes with Upper and Lower Eyelid Surgery

Blepharoplasty, commonly known as eyelid surgery, is a cosmetic procedure designed to address these concerns, creating a more refreshed, youthful, and alert appearance. Dr. Buğra İpek offers both upper and lower eyelid blepharoplasty to help you achieve your aesthetic goals.

Understanding Upper Eyelid Blepharoplasty

Upper eyelid blepharoplasty focuses on correcting excess skin, muscle, and sometimes fat in the upper eyelids. This procedure can address several concerns, including:

- **Droopy or Sagging Upper Eyelids:** Excess skin can hang over the eyelashes, potentially obstructing vision in severe cases.
- **Heavy or Tired-Looking Eyes:** Even without vision impairment, excess upper eyelid skin can create a perpetually tired or aged appearance.
- **Asymmetry:** Blepharoplasty can help improve asymmetry between the upper eyelids.

The Upper Eyelid Blepharoplasty Procedure

During upper eyelid surgery, small incisions are typically made within the natural creases of the upper eyelids. This strategic placement helps to minimize the visibility of scars. Through these incisions, the surgeon will:

- **Remove Excess Skin:** The primary goal is to eliminate the redundant skin that causes drooping.
- **Trim Excess Muscle:** If necessary, a small amount of underlying muscle may also be removed.
- **Reposition or Remove Excess Fat:** Fatty deposits that contribute to a heavy appearance can be carefully addressed.

The incisions are then meticulously closed with fine sutures.

Understanding Lower Eyelid Blepharoplasty

Lower eyelid blepharoplasty targets the concerns of the lower eyelids, primarily focusing on:

- **Under-Eye Bags:** These are often caused by bulging fat pads beneath the eyes.
- **Excess Skin and Fine Wrinkles:** Loose skin and fine lines in the lower eyelid area can contribute to an aged appearance.
- **Dark Circles (to some extent):** While blepharoplasty doesn't directly address pigmentation, it can improve the appearance of shadows cast by under-eye bags.

The Lower Eyelid Blepharoplasty Procedure

There are two main techniques for lower eyelid surgery, and the choice depends on your individual anatomy and the surgeon's assessment:

- **Transcutaneous Approach:** An incision is made just below the lash line. This approach allows for the removal of excess skin and fat, as well as the tightening of the underlying muscle if needed. The scars are typically well-concealed in the natural crease.
- **Transconjunctival Approach:** An incision is made inside the lower eyelid, leaving no visible external scar. This technique is primarily used to address excess fat and is often suitable for younger patients with good skin elasticity.

Through the chosen incision, the surgeon will:

- **Remove or Reposition Excess Fat:** Bulging fat pads are either removed or repositioned to create a smoother contour.
- **Trim Excess Skin (if necessary):** In the transcutaneous approach, excess skin can be carefully removed.
- **Tighten Underlying Muscle (if necessary):** This can help to improve the support and appearance of the lower eyelid.

The incisions are then closed with fine sutures (in the transcutaneous approach) or are self-healing (in the transconjunctival approach).

Who is a Good Candidate for Blepharoplasty?

You may be a good candidate for upper and/or lower eyelid blepharoplasty if you:

- Are in good general health.
- Have realistic expectations about the outcome of the surgery.
- Are bothered by the appearance of your upper and/or lower eyelids.
- Have excess skin, fat, or bags around your eyes.
- Do not have any serious eye conditions.

The Blepharoplasty Consultation at Dr. Buğra İpek

During your consultation with Dr. Buğra İpek we will:

- **Thoroughly Evaluate Your Eyelid Area:** Assess the amount of excess skin, fat, and muscle in both your upper and lower eyelids.
- **Discuss Your Medical History:** Understand any pre-existing conditions or medications you are taking.
- **Understand Your Aesthetic Goals:** Listen carefully to what you hope to achieve with the surgery.

- **Explain the Different Surgical Techniques:** Detail the approaches suitable for your specific needs.
- **Discuss the Risks and Benefits of the Procedure:** Provide you with comprehensive information to make an informed decision.
- **Develop a Personalized Treatment Plan:** Tailor the surgical approach to address your unique concerns and achieve natural-looking results.

Recovery After Blepharoplasty

Following blepharoplasty, you can expect some bruising, swelling, and discomfort around your eyes. These are typically most noticeable in the first few days and gradually subside over several weeks. We will provide you with detailed post-operative instructions, which may include:

- **Applying Cold Compresses:** To reduce swelling and bruising.
- **Elevating Your Head:** Especially while sleeping.
- **Using Prescribed Eye Drops or Ointments:** To keep the eyes lubricated and prevent infection.
- **Avoiding Strenuous Activities:** For a few weeks to allow for proper healing.
- **Protecting Your Eyes from the Sun:** By wearing sunglasses.

Sutures are typically removed within a week. While initial swelling and bruising will fade relatively quickly, it may take several weeks or even a few months for the final results of your blepharoplasty to become fully apparent.

Why Choose Dr. Buğra İpek for Your Blepharoplasty Procedure?

Dr. Buğra İpek is a highly skilled and experienced surgeon specializing in facial rejuvenation procedures, including upper and lower eyelid blepharoplasty. We are committed to providing:

- **Expertise and Precision:** Utilizing advanced surgical techniques to achieve natural and aesthetically pleasing results.
- **Personalized Care:** Tailoring each procedure to the individual patient's unique anatomy and goals.
- **Focus on Patient Safety and Comfort:** Ensuring a comfortable and safe surgical experience.
- **Comprehensive Pre- and Post-Operative Care:** Providing detailed guidance and support throughout your entire journey.
- **State-of-the-Art Facilities:** Performing procedures in a modern and accredited surgical environment.

Rejuvenate Your Appearance and Restore Your Confidence

If you are considering blepharoplasty to address signs of aging or heaviness around your eyes, we encourage you to schedule a consultation with Dr. Buğra İpek. We are dedicated to helping you achieve a more refreshed, youthful, and confident appearance.

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