

# EXPERT ADVICE FROM A FACIAL PLASTIC SURGEON

The aesthetic industry has expanded very rapidly, leading to exaggerated marketing, confusion, poor results, and fears of looking “fake” among patients who want to enhance or rejuvenate their appearance. However, it is possible to get high-quality and natural results by avoiding the gimmicks, learning about the procedures, and carefully choosing the proper providers. This monthly series focuses on providing helpful information about the various aspects and procedures of facial aesthetics.

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

### A Popular Rejuvenation Procedure

Upper eyelid surgery, or blepharoplasty, is one of the most common cosmetic procedures sought by both men and women. It's often one of the first steps toward facial rejuvenation.

### A Small Procedure with Big Impact

This surgery can dramatically refresh your appearance, making you look more awake and youthful, all through a relatively straightforward procedure.

### More Than Skin Removal

While it may seem like a simple removal of excess skin, achieving the best results requires careful attention to critical details.

### Defining the Ideal Upper Eyelid Aesthetic

- The goal isn't always to show more of the eyelid. Excessive eyelid exposure can create a hollowed, aged appearance.
- A youthful upper eyelid typically features fullness with a mild to moderate amount of visible eyelid, as seen in naturally attractive, youthful eyes.

### The Eyelid and Eyebrow Partnership

The upper eyelids and eyebrows work together as a team. Both should be evaluated to identify whether issues stem from the eyelids, the eyebrows, or both.

### Precise Skin Removal

Excess skin must be measured and removed conservatively. Over-removal can shorten the space between the eyelid and eyebrow or impair the eye's ability to close properly.

### Muscle-Sparing Technique

Dr. Z's approach prioritizes sparing the eyelid muscle during skin removal, as this often produces smoother, more natural results.

### Fat Pocket Considerations

- The eyelid contains two fat pockets. The outer fat pocket (near the temple) is typically reduced as it can become more prominent over time.
- The central fat pocket usually involutes with age, so preserving it can prevent a hollowed appearance.
- The eyebrow fat pad (under the outer eyebrow) is also addressed. A fat pad suspension may be performed to restore youthful contour and support.

### Canthus Support When Needed

In select cases, the outer corner of the eye (the canthus) may be supported or slightly elevated using a canthopexy or canthoplasty to enhance the overall result.

### Bottom Line:

During your consultation, ensure that all these details are thoroughly addressed. A personalized approach is key to achieving beautiful, natural, and lasting results.

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