

Information leaflet for people who are considering undergoing lower eyelid surgery.

Bey By Bergman Clinics – April 2022

In this leaflet, you will read information about lower eyelid surgery, alone or in combination with a mid-face lift: why and when to undergo the procedure, the consultation, the preparation, the surgery, the period after the procedure, the result, and lastly, the complications and risks that may arise. Your personal situation and options for treatment can only be discussed during a personal conversation. This leaflet serves as preparation and/or addition to your conversation with the plastic surgeon.

Why and when

The skin and muscles surrounding the eyes often become weaker and so stretched that the skin starts to droop. Sometimes the stretching of the skin is accompanied by the protrusion of fatty tissue in and/or under the eye socket. The skin protrudes as a result and starts to fold, resulting in bags under the eyes. The area under the eyelids and/or the fold from the nose to the corner of the mouth (the mid-face) can also start to sag, because fat (filling) has disappeared there. All this – the bags and the sunken mid-face – can result in a tired or aged appearance. If you experience the problems listed above and this bothers you, then this can form a good reason to consider treatment.

The bags under the eyes can be improved by means of lower eyelid surgery. Sometimes such lower eyelid surgery will be combined with upper eyelid surgery. A drooping mid-face can also be corrected simultaneously by means of a so-called mid-face lift.

Consultation

During a non-binding consultation with the plastic surgeon, you will have the opportunity to discuss your wishes and complaints. He/she will examine your face and eyelids and discuss with you whether lower eyelid surgery will sufficiently resolve your problem. Next, your questions will be answered and you will receive the most detailed possible information: about the preparation, the procedure, the expected result, and the possible complications. After all, you may be disappointed with the result if you go into the procedure with the wrong idea. If the surgeon is not convinced that your problem can be adequately resolved, he/she will discuss this with you, as well. Where possible, the doctor will suggest a different solution (for example a combination with lifting of the mid-face, a mid-face lift). If you wish, you can be referred to a colleague for a second opinion.

Cosmetic surgery is not covered by health insurance. Reimbursement of medically necessary surgery depends on the criteria set by the healthcare insurance company for this procedure. You can consult your healthcare insurance company and/or policy terms and conditions to check these criteria. The specialist cannot deviate from these criteria. The current rules for reimbursement may change in the future.

Your own responsibilities prior to your surgery:

You should observe a number of preparations in the period prior to your surgery, such as:

- **Stopping blood thinners (anticoagulants):**

You may need to stop taking your blood-thinning medication prior to the surgery. The plastic surgeon will inform you about this. In addition, you attended a pre-operative screening with the anaesthesiology assistant several weeks prior to your surgery, in which your health and the medication policy were discussed. This included a discussion of which blood-thinning medication you need to stop using (temporarily). If your prescribing physician does not approve the temporary discontinuation of blood-thinning medication, then the scheduled surgery cannot take place at Bey by Bergman Clinics.

- **Submit your general medication overview (GMO):**

If you are using medication, this overview can be obtained from your pharmacy. You can also give us permission to share your medication details via the National Exchange Point.

- **Submit the signed Informed Consent Form:**

You will receive this form once your surgery has been scheduled.

- **Pay the invoice according to the terms of payment*.**

ALCOHOL POLICY:

- No alcohol for 48 hours before surgery and 2 weeks after surgery.

SMOKING POLICY:

- Smoking has a negative effect on wound healing.
- No smoking for 4 weeks before surgery and 4 weeks after surgery.

NAIL VARNISH POLICY:

- There is no need to remove nail varnish, gel nails or acrylic nails prior to the surgery.

DRUGS POLICY:

- Use of drugs like XTC, methamphetamine, heroin or cocaine must be stopped at least 1 week before surgery. This can otherwise cause severe heart rhythm disorders during the operation or reduce the effect of anaesthetics.
- This does not apply to prescription amphetamine use for AD(H)D.
- The same rules as for smoking apply to cannabis.

FASTING POLICY:

Please refer to the anaesthesiology leaflet for the fasting policy.

If the procedure is to be performed under local anaesthesia:

- no pre-operative screening will be performed by anaesthesiology
- the fasting policy does not apply

The specialist, anaesthesiology technicians, nursing staff, consultant and treatment app can provide more information if you have any questions.

Good idea to purchase before the surgery:

- Paracetamol 500 mg, 2 tablets 4x daily
- Naproxen (Aleve) 250 mg 2x daily, if necessary (reduce this pain medication before paracetamol)
- Pantoprazole (gastric protector) 20 mg 1x daily (with use of Naproxen)
- Non-sterile gauze

The surgery

- The plastic surgeon will mark where the incisions will be made just before surgery.
- The surgical field will then be disinfected and covered with sterile drapes. An incision is then made just below the eyelashes of the lower eyelids, extending to the outer corner of the eye.
- The skin with underlying eye muscle is then detached, the excess fat is removed or relocated (for example to fill a deep groove under the eyelid) and the loosened skin and muscle are lifted, mainly to the side. Any excess skin is removed and lastly the skin is sutured.
- As the point of attachment of the lower eyelid is reinforced to the side during this surgery, your lower eyelids will have a slightly 'Asian' appearance for the first 3 to 6 weeks. This will disappear spontaneously over the course of a few weeks. If the mid-face has also drooped, this can be loosened and lifted during the same procedure using deep sutured that are anchored to the cheekbone: this raises the mid-face and gives you a less tired appearance. If a mid-face lift is performed simultaneously, the recovery period after the surgery will be longer.
- If your skin has not drooped and you do not have excess skin, but you do have bags under the lower eyelids, then the plastic surgeon can remove the excess fat (the bag) via the inside of the lower eyelid. The plastic surgeon will discuss with you which method is most suitable for you.

If you are allowed home, somebody must accompany you home. You may not drive a vehicle yourself. We also recommend that you do not spend the first 24 hours alone at home.

After the procedure

You will experience some pain after any procedure. The eyelids may be swollen and bruised after lower eyelid surgery. This is highly unlikely to prevent you from being unable to see anything. You will be given a cooling eye mask after the procedure to reduce any swelling and bruising you may experience. You may take this cooling eye mask home. If this feels pleasant for you, we recommend that you cool the surgical area with a bag of frozen peas or the cooling eye mask for fifteen minutes per hour until going to bed on the first day. The skin must not come into contact with the cooling eye mask or the bag of frozen peas; you can place a gauze or handkerchief between the skin and the cooling mask. You can gently pat the eyes to dry them afterwards. It may be slightly more difficult to close the eyes immediately after surgery as a result of the wound and swelling of the eyelids. In general, this will recover within two to three weeks after the surgery. You will have a slightly 'Asian' appearance for the first 3 to 6 weeks, but this is not permanent. In some cases you may receive comments about this for a number of weeks after the surgery. Please contact the number +31 (0)88 9000535 if you have any questions about this.

Recovery period

Starting from the day after the surgery, you may:

- Sleep on your back or side.
- Shower on a daily basis at home, rinsing the eyes thoroughly. Gently pat your eyes dry afterwards.
- You may wear contact lenses after one week, if you can insert the lenses without pulling on the wound.
- Mobilise according to the pain, listen to your body.
- Increase your activities further each day.
- Resume driving and cycling 1 week after surgery (this depends on your healthcare insurance company).
- Sauna, bath, swimming pool and exercise after 6 weeks.

Leave the plaster covering the scar in place until the first check-up. You also must not cut the sutures.

You will need to use SPF 30 sun cream to protect the scars against the sun during the first year. Ask your specialist about any restrictions in your travel plans after your procedure.

You will visit the nurses and the specialist for check-ups after the surgery. We want to remind you that it is important for you to attend these follow-up appointments. This allows the nurse and the medical specialist to monitor the progress of your recovery. They can also offer advice if you have any questions regarding the information provided above.

The result

The final result of the lower eyelid surgery can be evaluated after about twelve weeks. The result is almost always good and most people are satisfied or even very satisfied with the result. Crow's feet generally cannot be corrected with this type of surgery and sometimes a slight fat accumulation will still be visible. The majority of the scar caused by lower eyelid surgery is located under the eyelashes of the lower eyelid. The scars generally heal nicely and are often barely visible. The swelling will also decrease. The skin around the scar on the lower eyelid may feel different after the surgery. Sometimes people feel the result is not sufficiently symmetrical. Alternatively, a small fold or ridge of skin may remain visible along the side of the lower eyelid. This is more common in people who have undergone both eyelid surgery and a mid-face lift.

In some cases the result is not permanent, because the skin and muscles around the eye start to droop again. If this happens to you, you may wish to undergo surgery again. The plastic surgeon will always discuss the options with you. Perhaps you are not satisfied with the result, for example because you had different expectations. Please be sure to mention this.

Complications and risks

The plastic surgeon always invests a great deal of time, care and personal attention in your treatment. However, complications do unfortunately occur: no procedure is entirely free of the risk of complications. The normal risks of surgery – such as thrombosis, pulmonary embolism, post-op bleeding and wound infection – also apply to this surgery. Specific complications can also occur:

- Sometimes a post-op bleed occurs. This is usually not serious. If this happens, it will take a bit longer for the area around the eyes to look normal again.
- Sometimes it can be difficult to open and close the eyes in the initial period after surgery. You can use eye drops (artificial tears) to prevent your eyes from drying out.
- The point of attachment of the lower eyelid is also reinforced to the side during this surgery. As a result, you will have a slightly 'Asian appearance' for a few weeks after the eyelid surgery. This will disappear spontaneously over the course of a few weeks.
- The eyelid can become taut due to scar tissue reaction. It usually takes a number of weeks to months for this to resolve completely.
- Fluid accumulation can occur around the eyes. These complaints usually disappear spontaneously over time.
- It is not possible to guarantee that the lower eyelids will be one hundred percent identical (symmetrical). New bags under the eyes can also develop. Sometimes more surgery will be required.
- Sometimes a so-called skin (epithelial) cyst will develop in the scar, which can easily be removed with a needle.
- There is a very small risk that post-operative bleeding of the fatty tissue will cause increased pressure in the eye socket. This may damage the optic nerve. This is often accompanied by swelling, severe pain and loss of vision. You must contact us immediately if you develop any of these symptoms suddenly. A surgical procedure is urgently required in that case.
- Another very rare side effect is an infection: one-sided redness, swelling and pain. You must always contact us if this occurs.
- Sometimes the inside of the lower eyelid will turn outwards, meaning that it no longer rests against the eyeball. This can cause irritation and excess tear production. This may require further surgery. However, the symptoms usually disappear without treatment.
- In very rare cases, an allergic reaction to the anaesthetic can occur.

Always contact us after surgery in the following cases:

- Significantly increased swelling of the wound or the surgical area
- Pain, if the pain medication does not help or the pain even increases
- Redness and swelling of the wound
- Feeling ill and/or a fever, above 38°C (measured via the anus)

- Persistent nausea
- Acute tightness across the chest
- Acute pain in the leg, possibly with swelling
- Being unable to urinate, whilst drinking normal quantities
- Concerns or doubts

We can be contacted for emergencies 24 hours per day, via +31 (0)88 9000 567.

For non-urgent matters, please call +31 (0)88 9000 535 during office hours.

More information

If you have any further questions after reading this leaflet, you can ask your plastic surgeon to answer these questions at any time. You can schedule an appointment for a consultation. You can contact the clinic on telephone number +31 (0)88 9000 535 about this.

Complaints and privacy regulations

Bey by Bergman Clinics has complaints and privacy regulations in place. A copy of these regulations can be obtained from our locations and on our website www.beyclinics.nl.

Cooling-off period

Bey by Bergman Clinics acts according to the guidelines of the NVPC and thus implements a 'cooling-off' period. This is the time between the first consultation in which the treatment is proposed and the decision to continue with the treatment. We implement a cooling-off period of one week for a cosmetic surgical procedure.

Terms and conditions of payment*

The first instalment of 25% of the treatment costs must be paid within 5 days after receipt of the invoice. The remainder of the treatment costs should be received by us no later than 4 weeks prior to the surgery date. Cash payments are only possible following agreement with your consultant.

If your surgery has been approved by your healthcare insurance company, then you are responsible for reading the terms and conditions of your insurance policy to check that they will reimburse 100% of the costs of your surgery.

Cancellation policy

You must cancel your surgery in writing. Cancellation within 3 weeks prior to your surgery will result in costs already incurred to the sum of 25% of the costs of surgery being billed to you. Cancellation within 48 hours prior to the agreed date of surgery is only permitted in the case of absolute and demonstrable force majeure. In all other cases of non-insured care, you will be billed for 100% of the agreed treatment costs. In the case of a treatment that is reimbursed by your healthcare insurance company, your treatment cannot be rescheduled at Bey by Bergman Clinics. The aforementioned cancellation policy also applies if the surgery cannot be performed due to failure on your part to fulfil your responsibilities as listed in this leaflet.

Finally

This leaflet serves as preparation and as a supplement to the conversation with the plastic surgeon and as a 'reference' for the period after the surgery. However, such a description can never apply completely to each individual situation. Plastic and aesthetic surgery is not an exact science; this written information should in no way be construed as a guarantee for the course of events and the result of your procedure.