

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

Bey By Bergman Clinics – April 2022

In this leaflet, you will read information about upper eyelid surgery: 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.

When and why

The skin surrounding the upper eyelids often becomes so stretched that the skin starts to droop over the eyes. This results in a tired or aged appearance and may negatively affect a person's vision. The skin surrounding the upper eyelids stretches as a result of the skin around the eye losing its elasticity. Sometimes the stretching of the skin is accompanied by the protrusion of fatty tissue in the eye socket, which pushes the skin forward and causes folding. The eye can also appear more rounded.

If you are experiencing any of the problems listed above, and if they bother you, you may have good reason to consider undergoing upper eyelid surgery (an 'upper eyelid lift' or 'upper blepharoplasty').

Eyelid surgery can consist of the removal of excess skin with a small strip of muscle and the tightening of the orbital septum. Sometimes it is also necessary to remove some fat from the medial corner of the eye. Upper eyelid surgery can be combined with lower eyelid surgery.

In some cases, it may also be necessary to shorten the levator muscle of the upper eyelid, so that the upper eyelid is able to open more.

If the problem is caused by a low position of the brow, then an external brow lift or a forehead lift may provide a better solution for your problem.

Consultation

During a non-binding consultation with the plastic surgeon, you will have the opportunity to discuss your wishes, complaints and questions in detail. He/she will examine your face and upper eyelids and discuss with you whether an upper eyelid lift 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 plastic surgeon is not convinced that your problem can be adequately resolved, he/she will discuss this with you, as well. If possible, the surgeon will propose a combination with other procedures or an entirely different solution (for example a 'direct brow lift' or a 'forehead lift').

Cosmetic surgery is not covered by health insurance. Whether or not the costs of medically necessary surgery are refunded by your health insurance company depends on the criteria set by the health insurance company for this particular procedure. For more information on these criteria, consult your health insurance company and/or the terms and conditions specified in your policy documents. The specialist cannot deviate from these criteria. The rules for what is and is not covered by your insurance are subject to change.

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 under general anaesthesia.

SMOKING POLICY

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

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 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 the area of skin that needs to be removed just before surgery. The area will then be disinfected and covered with sterile drapes. After the (usually) local anaesthetic has been administered, the excess skin is removed via an incision in the fold of the upper eyelid. Sometimes any protruding fat near the medial corner of the eye is also removed. Sometimes the levator muscle has stretched and needs to be shortened, so that your upper eyelid can open properly again. Lastly, the skin is sutured.

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

The eyelids may be swollen and bruised after upper eyelid surgery. This is hardly ever severe enough to inhibit your sight completely. You will be given a cooling eye mask after the procedure to reduce any swelling and bruising (there is no scientific evidence to support the effect of this eye mask). 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. You may find it slightly more difficult to close your eyes immediately after surgery as a result of the wound and swelling of the eyelids. This will heal after the surgery, generally within two to three weeks.

Recovery period

Starting from the day after the surgery, you may:

- sleep on your back or side
- shower daily at home, rinsing your 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
- you can start driving and cycling 1 week after surgery (this depends on your healthcare insurance company)
- sauna, bath, swimming pool after 6 weeks
- resume exercise after 3 weeks

Leave the plaster covering the scar in place until the first check-up. Please do 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 nurse for a check-up after the surgery to have the sutures removed. We want to remind you that it is important for you to attend this follow-up appointment. This allows the nurse to monitor the progress of your recovery. In general, you will not have any further appointments with the specialist. They can also offer advice if you have any questions regarding the information provided above.

The result

The final result of the upper eyelid lift can by and large be evaluated after twelve weeks. The recovery process may take longer if complications have occurred. Most people are satisfied with the result. Crow's feet generally cannot be corrected with this surgery.

In most cases, the majority of the scar involved in an upper eyelid lift is located in the fold of the drooping upper eyelid and/or the arch of the eye socket. Once the external healing is complete, the scars are barely visible. The sensation in the skin surrounding the scar on the upper eyelid is reduced by the surgery. Symmetry cannot be guaranteed. Please speak to your specialist if you are not satisfied with the result.

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 post-operative bleeding and wound infection – also apply to this surgery. Specific complications can also occur.

- More bruising than normal can sometimes occur, a post-op bleed. 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 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 upper eyelids will be one hundred percent identical (symmetrical).
- Sometimes a so-called skin (epithelial) cyst will develop in the scar, which can easily be removed with a needle.
- 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. It can be useful to have your questions written down on paper before the consultation.

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 in accordance with the guidelines of the NVPC and thus grants its clients a 'cooling-off' period. This is the time between the first consultation in which the procedure is proposed and the decision to go through with the procedure. We give our clients a cooling-off period of one week for cosmetic surgical procedures.

Terms and conditions of payment*

The first instalment of 25% of the surgery fee must be paid within five working days after receipt of the invoice. The remainder of the fee 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 health insurance company, you are responsible for reading the terms and conditions of your insurance policy to check that your insurer will refund the costs of your surgery in full.

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 procedure that is reimbursed by your healthcare insurance company, your procedure 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 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 result of your procedure.