



# Blepharoplasty

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## What is Blepharoplasty?

Blepharoplasty, or 'eyelid reduction' or 'eyebag removal', is one of the five most common cosmetic surgery procedures in the UK, accounting for just over 10% of all cosmetic procedures in 2018 alone.

As we age the skin around our eyes starts to lose its elasticity and our muscles relax. This causes both the upper and lower eyelids to sag, and it is not uncommon for eyebags to develop and our eyelids to start to droop. This effect is often heightened in smokers or those who have had excessive sun exposure.

Blepharoplasty involves the removal of loose skin and excess fatty tissues around the eye area, tightening the relaxed muscles and giving the skin a firmer, more youthful appearance.

At Cadogan Clinic we use eyelid surgery in conjunction with non-surgical techniques to counteract the effects of ageing around the eyes, such as anti-ageing injectables. These are best for targeting wrinkles and fine lines, however, with Blepharoplasty more suited in cases where major intervention is required.

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## Why do people have it?

Blepharoplasty is a very common procedure for both men and women looking to achieve a fresher, more youthful and rejuvenated facial appearance.

Blepharoplasty targets tired, older- looking eyes that may have become hooded or bulging in appearance.

Blepharoplasty is a short and highly effective procedure that can achieve immediate changes with very little downtime, and the treatment can deliver both an improved physical and psychological sense of wellbeing.

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## Who is suitable?

Cadogan Clinic considers individuals fit for the procedure, if all of the following are true of them:

- Over the age of 18
- Physically and psychologically fit and healthy
- Have realistic expectations of what can be achieved by surgery
- Bothered by the appearance or by signs of ageing in the eye area of the face

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## What to expect?



### PHASE 1: CONSULTATION

The first step for all of our patients is to meet with the surgeon we feel is best placed to perform your procedure for a consultation.

At the consultation you will be able to discuss with your surgeon what your hope to achieve from the procedure, as well as discuss in detail what may or may not be possible given your existing ageing profile.

Having established what will be done, several key measurements will be made and standard clinical photography will be taken.

Finally a comprehensive discussion regarding risks and complications will take place, alongside a discussion regarding the post procedure and recovery phase. Your previous medical history will also be recorded (including previous surgery, medications, allergies etc.) and an assessment of your fitness for surgery.

If your surgeon feels you are a good candidate for surgery, you are then invited to consider whether you would like to proceed for surgery or otherwise following a two week 'cooling off' period.

Within this period you are welcome to come in and discuss your potential surgery with your surgeon as many times as you like.



### PHASE 2: PRE - PROCEDURE

If you choose to proceed with surgery, the next time you come into the Clinic after your final consultation will be the day of your procedure.

Before admission the following behavioural changes are recommended / required:

- In the 6 weeks before your procedure we recommend smoking is discontinued as patients who smoke have a higher risk of healing more slowly and complications
- In the 6 hours prior to surgery you must not consume food or any drink, other than small sips of clear fluid (e.g. still water, black coffee, black tea) which are allowed up to 2 hours before admission
- In the week before your procedure you must cease taking Aspirin or any medication that contains Aspirin

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## What to expect?



### PHASE 3: DAY OF THE PROCEDURE

On the day of your procedure we ask that you arrive for your admission an hour before the agreed start time of surgery. At this point a nurse will come and record blood pressure and other relevant tests, and you will meet with your anaesthetist and your surgeon who will make the final mark-ups.

The procedure itself is straightforward and takes place under general anaesthetic. The procedure typically takes between thirty minutes and one hour. The surgery involves your surgeon making tiny incisions along the natural crease of the eye carefully separating the skin from underlying structures and removing or repositioning the fatty tissue before stretching the skin and stitching it back together ensuring any wrinkles are smoothed out.

Following the procedure, you will recover in our ambulatory recovery rooms for between one to two hours, dependent on the scale of the procedure. Once our specialist nursing team are happy that your initial recovery is complete and you are safe to return home, you will be allowed to leave the Clinic accompanied by a friend or member of your family.



### PHASE 4: POST PROCEDURE & RECOVERY

Once home you will have access to our dedicated oncall nursing team 24 hours a day, 7 days a week. This team of specialists are dedicated to your comfort and recovery, and are there to field any questions you may have in the immediate post operative phase.

Blepharoplasty recovery is relatively quick and any residual swelling should subside in a matter of days. We advise total rest for several days after treatment. We recommend at least 1 week off work to allow adequately for this process. We also recommend avoiding UV light for 2-4 weeks to aid the scarring process.

We ask that you come in and see our nursing team 1 week after surgery to ensure your incision sites have been properly reviewed. At this juncture we also recommend you meet with one of our on site aestheticians to discuss ongoing treatment to support the healing and scarring process. You should see your results clearly after 6 week mark. We ask that you come in to see your surgeon after 6 - 8 weeks for a final check up.

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## What are the risks?

Complications are unlikely. That said, as with all surgery, some general complications are possible, these include:

- Bleeding or haematoma
- Infection
- Sensation change
- Swelling

More specifically, the following are also possible:

- Subconjunctival Oedema
- Millia
- Dry Eyes
- Ptosis

Your surgeon will discuss each of these risks comprehensively at your consultation.

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## Why come to Cadogan Clinic for your Blepharoplasty?

- Cadogan Clinic is an award winning specialist cosmetic clinic, with a track record of delivering safe, high quality cosmetic surgery
- We're home to several of London's best blepharoplasty specialists, and specialist ophthalmologists and oculoplastic surgeons
- Unlike many of our competitors, we use the latest anaesthetic technologies to minimise your downtime, and allow you to return home on the day of your procedure
- Our nursing team provide a dedicated 24/7 oncall service during recovery – whatever your question, we can provide the answer
- We offer a complimentary consultation and treatment with our onsite team of aestheticians to ensure you heal quickly and scar well

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## At a glance facts



**SURGERY TIME**  
30 minutes to 1 hour



**HOSPITAL STAY**  
1 to 2 hours following procedure



**TIME OFF WORK**  
1 week



**FULL RECOVERY**  
2 weeks

