

THE COMPLETE GUIDE TO EYELID SURGERY

&

BLEPHAROPLASTY

THE PATIENT'S GUIDE TO
FACIAL COSMETIC & PLASTIC SURGERY

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Over the past ten years, the growth in demand for cosmetic surgery has been matched by scientific breakthroughs that make procedures, safer and more effective than ever before. There have been numerous innovations in surgical and non-surgical techniques, enabling smaller hidden incisions, faster recovery times and lower risk of complications.

Yet despite the advances in cosmetic medicine the prospect of undergoing surgery can be daunting and often throws up a number of questions such as:

- How do I know this treatment is right for me?
- Who can give me the best results?
- What could go wrong?
- What is the recovery period after surgery?
- How can I speed up the recovery time and reduce potential risks?

This guide to facial cosmetic surgery sets out to answer these questions and many more. This book cuts through media hype to give you the clear, concise and accurate information you need to be fully informed.

Once you have read this guide you will be in a position to make an informed choice as to whether cosmetic surgery is right for you.

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A special thank you also goes to the patients who have, over the years, trusted me with surgery and making difference to their lives.

About Dr. Julian De Silva

Dr. Julian De Silva is a London Facial Cosmetic and Plastic surgeon who specialises in facial cosmetic and plastic surgery. He has both cosmetic and reconstructive experience in facial surgery from fellowships in London, Los Angeles and New York. He is one of a handful of elite surgeons to be recognised with both European and American qualifications and memberships.

Dr. De Silva attended Guy's, King's and St.Thomas's medical school in London in the late 1990s and returned to his medical school to teach anatomy. He worked in several surgical specialties before ophthalmic surgery, where he developed fine microsurgical skills. Dr. De Silva worked in the NHS for over ten years, specialised in Oculo-Facial Plastic Surgery before super-specialising in facial cosmetic and plastic surgery.

Dr. De Silva has a formidable track record of accomplishments, including a number of prizes and awards during the past decade of practice including recognitions from the Royal College of Medicine and Gold Medal for medical research. In addition, he has made significant contributions to surgical advancement, including over thirty peer-reviewed journal articles and book chapters. He completed two randomised control studies in surgery, considered the gold standard and highest quality of surgical evidence.

Dr. De Silva has also led a number of innovations including pioneering research into the use of laser technology and stitch-less tissue adhesives, and developed several novel teaching programs and patients. After working in the cosmetic centres in Los Angeles and New York, Dr. De Silva set up a specialist facial plastic surgery practice in London.



Dr. Julian De Silva MD MBBS FACS FRCO is a Facial Cosmetic & Plastic Surgeon based in London

Introduction

The aim of this book is to provide information and guidance to those considering a facial cosmetic procedure around their eyelids.

The internet provides patients with a wealth of information about all forms of cosmetic surgery, but deciphering this information, and avoiding marketing hype, can be problematic. Only with concise, accurate and up-to-date information can a patient make an informed choice about what is best for them.

In recent years, there has been a growth in demand for cosmetic surgery in addition to marked innovations in surgical techniques, enabling smaller hidden incisions, faster recovery times and lower risk of complications. In addition, there has been a gradual change in cultural acceptability in people undergoing facial cosmetic procedures, with an increasing number of patients willing to share their experiences with friends and family.

One marked change has been the growth in popularity of non-surgical treatments that offer patients almost instantaneous rejuvenation. These types of treatments are now being offered in spas and even small offices on some high streets. At the same time there have also been non-surgical treatments and machines that have been heavily marketed only to leave disappointing results.

Many celebrities, models, actors and actresses have undergone facial cosmetic procedures to improve facial characteristics or facial rejuvenation, this has continued to increase public acceptability. Often professionals in performing industries which place a high importance on appearance, have had a number of touch ups or refinements to improve their facial appearance. Although some A-list celebrities resolutely deny ever having had plastic surgery, I personally know of several instances where this denial was not true.

Please note, this book is not able to offer specific guidance or a medical opinion on a personal level, and cannot be used as a substitute for undergoing a consultation of physician's assessment.

1. Why read this book?

Is having Cosmetic Surgery right for me?

The decision to undergo facial plastic surgery is, for most people, a difficult decision that throws up a number of questions, such as:

Will I benefit from surgery?

Who is the best surgeon?

Can I afford surgery?

What are the risks?

These are just a few of the many questions that you may consider. Although the internet has given us access to unparalleled information about procedures and surgeons, it also has made it more difficult to unravel the quality of the information.

The aim of this book is to provide you with information to enable you to make an informed decision about having facial cosmetic and plastic surgery.

Do you have sufficient information to make an informed decision?

Improving your appearance can have physical, psychological and emotional benefits, improving self-confidence in both social and professional situations. The way you feel about your appearance can be a self-imposed barrier or limitation and improving a facial characteristic can alleviate this, in the process improving self-confidence and well-being.

At the same time we all have regrets and no one would like to choose to undergo a procedure, only to have regrets.

Why have facial cosmetic surgery?

Your face is unique, no two faces are identical and yet your face indicates your age, gender, race as well as your health and whether we like it or not our mood and emotions. In addition, your face may give clues to your character and personality and sometimes socio-economic status.

The importance of the face in beauty dates back to Plato where there were profound implications in society in Greco-Roman cultures for facial beauty. Beauty and attractiveness was regarded as the ultimate of values, with goodness, truth, and justice.

There has been some evidence from research that more youthful and better looking people have higher incomes, professional opportunities and alternative life choices.

However, despite any social pressures, the only reason to have cosmetic surgery is for yourself and therefore having surgery is an important decision. The key to making the correct choice and achieving a successful outcome is to have access to sufficient information.

What are the implications of Cosmetic Surgery?

Facial cosmetic and plastic surgery rejuvenates, reshapes and improves facial appearance. Facial plastic surgery has traditionally been the term given to correction of physical malformations resulting from aging, disease, injury and trauma. Where as facial cosmetic surgery has been the term used to describe surgery to improve appearance, which may be to reduce the signs of facial aging or improve facial balance and harmony.

However, the definitions between cosmetic and plastic has become more blurred in modern society.

A facial feature that dominates a persons face such as eyelid bags may have considerable impact on a person's sociological, professional and psychological well-being, with patients often expressing a desire to change a facial characteristic for years before finally seeking cosmetic surgery.

Modern day Advancements & Technology?

There have been marked developments and advancements in medical devices and biomaterials, that form many of today's facial cosmetic procedures, enabling minimally invasive techniques that can often be performed using local and sedative anaesthesia enabling a faster recovery. The consequences are with modern techniques most procedures can be performed as an outpatient or at a same day surgery centre, therefore avoiding long hospital stays.

1.1. Do you know enough about Blepharoplasty & Eyelid surgery? Take the quiz...

When considering cosmetic surgery these are some questions that you should be asking.

Do you know enough? Take the quiz below to find out:

1. What surgery is best for me?
2. How do I choose the correct surgeon?
3. How long will my recovery be?
4. Will my friends and family know if I have surgery?
5. Will I be happy with the results?
6. Can I afford to have surgery?
7. Will I have much pain?
8. I am afraid of having anaesthesia?
9. Is it too early or late to have surgery?
10. Do I need to stay in hospital overnight?
11. Are there any non-surgical alternatives?

Surgery is a medical procedure and you should not be making the choice to undergone treatment until you are able to answer all the questions listed above fully and honestly.

2. What do you need to know about facial cosmetic surgery?

We live in an image-focused culture that places importance on attractiveness, youth and beauty. Improving yourself can have physical, psychological and emotional benefits, improving self-confidence in both social and professional situations.

The way you feel about your appearance can be a self-imposed barrier or limitation and improving a facial characteristic can alleviate this improving self-confidence and well-being. At the same time we all have regrets and no one would like to choose to undergo a procedure, only to have regrets. This aim of this chapter is to discuss the important aspects of cosmetic surgery so you can make an informed decision that is right for you.

2.1. What is cosmetic surgery?

The term plastic surgery was first used in 1842, and referred to a procedure used to treat people who had been disfigured and wished to change their appearance back into the range of good health.

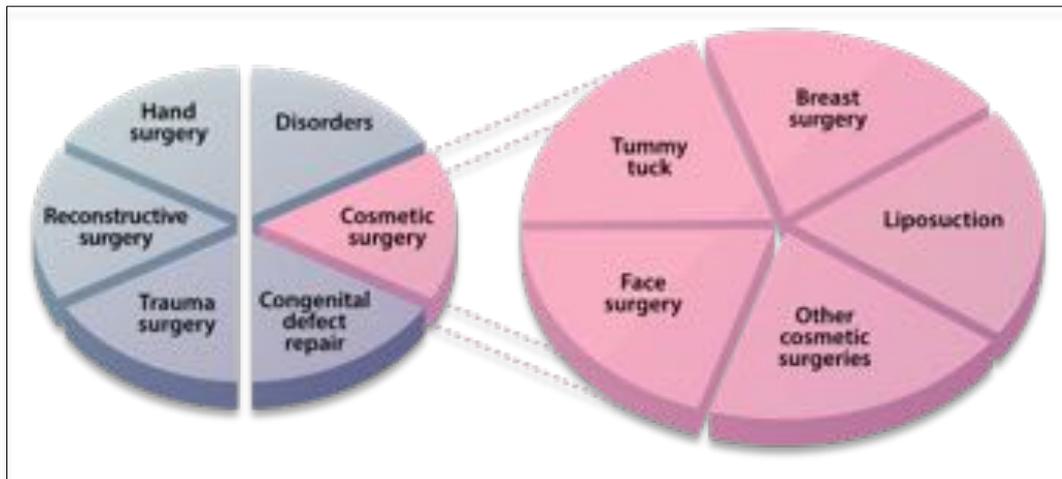
Plastic surgery includes two branches of medicine:

1. Reconstructive Surgery.
2. Cosmetic Surgery.

Reconstructive surgery restores function and appearance from previous injury (e.g. Traumatic eyelid injury), tumours or genetic conditions (e.g. eyelid tumour).

Cosmetic surgery is a field of surgery that improves the appearance of part of the body, such as to restore facial balance (e.g. droopy eyelids) and harmony or rejuvenate the face in terms of facial ageing (e.g. Upper and Lower Blepharoplasty).

Plastic surgery is generally focused on restoring function of the body with less emphasis on appearance (e.g. after eyelid tumour, plastic surgery will repair the eyelid to enable the eyelid to blink). Cosmetic surgery generally requires both finesse and attention to fine detail as patients are choosing to undergo a procedure that is not an absolute necessity (e.g. removing bags around a person's eyes to result in a person looking years younger).



Plastic Surgery includes Reconstructive Surgery (Left Circle) and Cosmetic Surgery (Right Circle). Within the field of cosmetic surgery, facial cosmetic procedures remain one of the most challenging aspects of plastic surgery.