



Before: Young woman with excess skin on upper eyelids and fat bags in lower eyelids



After: Upper and lower blepharoplasty by Dr. Stevens



Before: 26 year old woman with congenital lower lid fat bags.



After: Transconjunctival lower lid blepharoplasty with no scars or incisions on outside of lid by Dr. Stevens



Before: 38 year old female



After: Upper and lower lid blepharoplasty by Dr. Stevens



Before: 64 year old male



After: Upper and lower blepharoplasty to remove fat bags and upper skin by Dr. Stevens

# THE EYES HAVE IT

Marina del Rey plastic surgeon **Dr. Grant Stevens** explains how “scarless” eyelid surgery can give the face a more youthful appearance.

A person’s eyes are often considered their most important feature and shouldn’t be hidden behind sagging, baggy eyelids. Once the eyelids become more noticeable than the eyes the person may start to look constantly tired and older than they actually are.

Blepharoplasty or eyelid surgery, with or without brow-lifting surgery, is the key to a younger, more vibrant appearance for many people with “droopy eyes.”

Dr. Grant Stevens, Medical Director of Marina Plastic Surgery Associates in Los Angeles, says newer techniques in eyelid and brow-lifting surgery are safe, easy, and require minimal recovery time. Non-surgical lifting of the forehead and eyelids is also now available with radio frequency lifting.

The age of people seeking eyelid surgery has dropped with the development of scarless eyelid surgery where the surgeon places the incision on the inside of the lower eyelid, leaving no scar. “It used to be that most people who had eyelid surgery were over 40,” says Dr. Grant Stevens. “Now we see many younger patients in their 30’s trying to correct the baggy eyelids before it gets out of hand.” These lower baggy eyelids are corrected with incisions inside the lower eyelid. There are no incisions on the outside, no sutures on the outside, and thus no visible scarring.

Depending on the patient, the eyelid surgery usually takes approximately one hour, which includes both the upper and lower eyelids, according to Dr. Stevens. The upper eyelid surgery includes removal of the extra eyelid skin as well as the excess fat deposits. The extra skin is trimmed before the incision is closed with ultra-fine sutures. “Patients can expect a thin line in the crease of the upper eyelid where the incision is placed, but eventually it will fade and become inconspicuous,” reports Dr. Stevens.

“Most people resume normal activities within a few days and women can begin wearing eye makeup in three to five days.”

Although women who undergo eyelid surgery outnumber men three to one, the procedure is the second most popular cosmetic plastic surgery procedure chosen by men. “I see a definite loosening up in the male attitude toward these procedures,” says Dr. Stevens. “Most of my new patients are 45-year-old managers who have 30-year-olds nipping at their heels. These guys have a peculiar problem - they look tired but aren’t.”

Some patients have droopy eyebrows, with or without droopy eyelids. These patients benefit from endoscopic brow lifting procedures. These procedures are done through small incisions located in the scalp. An endoscope is placed through these incisions and the brow and temple are lifted without visible scarring. In the past, these brow-lifting procedures required screws for fixation of the scalp. Recently, Dr. Stevens has been using dissolvable fixation devices that he places beneath the scalp, which dissolve over time.

Recent advancements in the field of radio frequency, non-surgical face and brow lifting have also been added to eyelid and brow enhancement surgery. This non-surgical outpatient procedure can be done over the forehead and face in one hour or less. This results in tightening of the forehead and cheek skin and lifting of the brow and eyelids.

Patients with minimal or moderate amounts of eyelid droopiness and low brows are candidates for this non-surgical procedure. This procedure can also be used in combination with eyelid, brow or facial surgery. With a few minimally invasive, quick recovery time procedures the eyes, brows and even mid-face can be given a lift to produce a more youthful, rejuvenated appearance. **AA&CSM**