

Are my eyelids  
impairing my vision?



EYELID SOLUTIONS FOR VISION & COSMETIC ENHANCEMENT

 Northwest Eye  
*Be Eye Wise*



# Do I need eyelid surgery?

Are you having trouble seeing? Does your field of vision seem narrower? Do you look tired all the time from drooping eyelids or puffy bags under your eyes? Do your eyes appear smaller?

Droopy eyelids can cause vision problems and create an aging look. Whether you are experiencing functional problems with your eyelids or vision, or merely want to rejuvenate your appearance, eyelid surgery can be the answer.

## Blepharoplasty

Blepharoplasty, or plastic surgery on the eyelids, is one of the most common procedures in ophthalmology and facial plastic surgery. Functional blepharoplasty can restore an eyelid that has been altered by trauma, cancer, infection or degeneration. Cosmetic blepharoplasty can correct sagging upper lids and remove puffiness in lower lids, restoring a more rested, youthful look.

*Be Eye Wise* and see how blepharoplasty alters eyelid tissue, improving both the function and appearance of the eyelid.

**BEFORE**

**AFTER**



Upper and Lower Eyelid Blepharoplasty



## What causes droopy eyelids?

There are a number of eye conditions that may require eyelid reconstruction or treatment, but chief among these is ptosis. However, in limited cases, other issues can be the culprit.

**Ptosis** – This is the medical term given to the condition of droopy eyelids. Typically, ptosis is associated with age-related sagging of the muscles that hold the eyelids up. The eyelid muscles deteriorate to the point that they can no



Ptosis Correction

longer hold the eyelid in its proper position. Unexpectedly, ptosis is tricky for patients to self diagnose. It doesn't happen overnight. In the majority of cases, the eyelid tends to lower over time, stealing away tiny fractions of your field of vision. These bit-by-bit subtractions add up to a potentially dangerous and concerning narrowed field of vision.

**Aging & Sun Exposure** – The sun and natural aging has a significant impact on the skin around your eyes. They both cause the skin to lose elasticity. Also, as you age, your face becomes less plump, resulting in loose or excess skin around the eye.

**Nerve Problems** – If you encounter nerve damage to the muscles around the eye, commonly due to an accident or other physical trauma, it can lead to your eyelids drooping.

**Disease or Injury** – Certain diseases, such as eyelid cancer and others, can cause the eyelids to droop or sag. The doctors at Northwest Eye are able to make accurate diagnoses of any diseases, and when necessary, consult with your primary care physician to address the issue if it extends beyond the scope of the eye or eyelid.

Whatever causes your droopy eyelids, our Northwest Eye oculoplastic surgeon can reconstruct the eyelids through a variety of treatments that are personalized to the patient and their needs.



## Will my insurance cover eyelid surgery?

Your health insurance may cover the cost of upper eyelid surgery if it is causing vision problems. Ask your Northwest Eye doctor if your blepharoplasty qualifies. A visual field test will be performed to determine how much of your vision is affected by the ptosis or drooping excess skin.

## How long does a procedure take?

A typical eyelid surgery takes between one to two hours and is performed under local anesthesia. If desired, Northwest Eye can opt to use local anesthesia with sedation.

## What can I expect for the recovery process?

After the procedure you will be monitored in a recovery room for a short time before being released. Reconstructive surgery may be more complex and have different requirements. Depending on your previous medical history, there will be some swelling for several weeks and bruising for about a week.

Most patients can return to work after five to seven days. There is minimal eye discomfort after the procedure. Ice packs are recommended for the first two days to decrease swelling.

## What questions should I ask my surgeon?

- Do you have training in both ophthalmology and plastic reconstructive surgery?
- Are you board certified?
- How many eyelid procedures have you performed?
- Do you have before-and-after photos?
- Do I need surgery on my upper eyelids, lower eyelids or both?
- What procedure(s) will you use to perform my surgery?
- How long should it take me to recover?
- Will my eyelid surgery be covered by my health insurance?
- If not, how much will it cost, including doctor's fee, anesthesia and surgery?



## Can eyelid surgery procedures and treatments make me appear younger?

Absolutely – and the best time to counter the effects of aging is post lid surgery. As artists and photographers know, youth is found in the eyes. But not merely the eyes, it encompasses the entire eye area.

Thinning lashes, puffy or sagging eye lids, darkening of the skin – all of these aspects can make you appear much older than you are or merely reveal your actual age. Before considering lifts, tucks, abrasions and other cosmetic adjustments, addressing the appearance of your eyes is your first step to defying your age. This means cosmetic surgery is not your only – or necessarily best – option for cheating time. To help you look your youngest, Northwest Eye offers popular youth restoring treatments including:

- BOTOX® INJECTIONS
- LATISSE® FOR THINNING LASHES
- OBAGI® SKIN PRODUCTS
- JUVIDERM® INJECTIONS



Adding cosmetic services immediately after your blepharoplasty surgery is the best way to enhance your new visual clarity and your new look. It's amazing how even a little bit of cosmetic care can make you look, and feel, more youthful.

# *Be Eye Wise*



## Why should a specialized ophthalmologist correct my droopy eyelid?

The anatomy of the eye is complex and the tissues surrounding the eye are delicate, therefore blepharoplasty should be performed by a surgeon who has training in both ophthalmology and plastic surgery – as is the case with Northwest Eye and our oculoplastics specialist, Nicholas J. Schmitt, M.D.

Oculoplastics combines the detailed microsurgical techniques of ophthalmology with an aesthetic understanding of plastic surgery. An oculoplastic surgeon's advanced surgical training is specific to the eye, while a general plastic surgeon's is not.





## A doctor who cares about your questions and your eyes.

Dr. Schmitt is an Ophthalmic Plastic and Reconstructive Surgeon and partner at Northwest Eye, specializing in the medical and surgical management of conditions affecting the eyelids, lacrimal (tear) system, the orbit (the bony cavity surrounding the eye), and the adjacent face. He also specializes in cosmetic eyelid surgery as well as dermal fillers and Botox. Dr. Schmitt is board-certified by the American Board of Ophthalmology and is a member of the North American Neuro-Ophthalmology Society, American Academy of Ophthalmology, and the Minnesota Academy of Ophthalmology.

For more information on Dr. Schmitt and his specialties, including surgical before-and-after pictures, please visit [NWEyePlastics.com](http://NWEyePlastics.com).



### Nicholas Schmitt, M.D.

Board-certified ophthalmic plastic and reconstructive surgeon

**Specialties:** Eyelids, lacrimal system, the orbit & cosmetics

**Locations:** Maple Grove, Robbinsdale, Wayzata

**Partner at Northwest Eye since 2005**

*Be Eye Wise*



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NWEyeClinic.com 763-416-7600