

Lower Eyelid Correction_Patient Information

What is a lower eyelid correction?

A lower eyelid correction, also known as lower blepharoplasty, is a treatment used to correct cosmetic changes or medical complaints of the lower eyelids.

Changes around the lower eyelids may include bags under the eyes, excess skin, fine lines, or skin laxity. These can give the face a tired or older appearance. In some cases, there may also be medical complaints, for example when the lower eyelid turns outward. This is called ectropion.

Ectropion can cause symptoms such as irritation, redness, watery eyes, a burning sensation, or insufficient protection of the eye.

A lower eyelid correction can help improve the skin, fat distribution, and support of the lower eyelid. The aim is to achieve a fresh and natural appearance, while preserving your own facial expression.

Cosmetic or medical treatment?

A lower eyelid correction can be performed for cosmetic or medical reasons.

Cosmetic indication

A cosmetic indication applies when you wish to have the treatment because of your appearance, without medical complaints.

Examples include:

- Bags under the eyes
- Excess or loose skin
- Fine lines or wrinkles under the eyes
- A tired appearance
- A wish for a fresher and more rested look

For cosmetic treatment, the costs are fully payable by the patient. You will receive clear information about this in advance.

Medical indication

A medical indication may apply when the lower eyelid causes complaints or affects the function of the eye.

Examples include:

- A lower eyelid that turns outward, also known as ectropion
- Irritation or redness of the eye

- Watery eyes
- A burning or dry sensation
- Insufficient contact between the lower eyelid and the eye
- Complaints caused by insufficient protection of the eye surface

In case of a medical indication, such as ectropion, the treatment may be eligible for reimbursement by your health insurer. A referral from your general practitioner or medical specialist is usually required.

For treatment of ectropion, Skin & Vision Clinic does not submit an authorisation request to your health insurer. Whether and to what extent the treatment is reimbursed depends on your insurance policy and deductible excess. If in doubt, we advise you to contact your health insurer.

Skin & Vision Clinic works with Infomedics for invoicing. This means that you may receive the invoice from Infomedics on behalf of Skin & Vision Clinic.

Consultation and assessment

During the consultation, the doctor will discuss your complaints, wishes, and expectations. The doctor will also examine the skin, fat distribution, muscle function, and position of the lower eyelids.

The consultation may include:

- Discussion of your complaints, wishes, and expectations
- Examination of the lower eyelids
- Assessment of excess skin, bags, and fat distribution
- Assessment of the position and firmness of the lower eyelid
- Assessment of whether there are medical complaints, such as ectropion
- Medical photographs if necessary
- Explanation of the treatment, risks, recovery, costs, and possible reimbursement

Based on the examination, the doctor will discuss the most suitable treatment plan with you.

The treatment

A lower eyelid correction is usually performed under local anaesthesia. In some cases, an additional calming medication may be discussed.

What you can expect:

- Duration: approximately 60–90 minutes

- Anaesthesia: usually local anaesthesia
- The treatment is performed through an incision just below the lash line or on the inside of the lower eyelid
- Excess skin and/or fat may be removed or repositioned
- If necessary, the lower eyelid may be additionally supported or tightened
- After a short rest period, you may go home the same day

Sutures are usually removed after approximately one week, depending on the technique used and your recovery.

Please note: you are not allowed to drive yourself after the treatment. We advise you to arrange for someone to accompany you or pick you up.

Recovery and aftercare

After the treatment, swelling, bruising, mild pain, a pulling sensation, and temporary numbness are normal. These symptoms usually improve gradually in the days and weeks after the treatment.

Most patients recover smoothly. Swelling and bruising are often most visible during the first week and usually decrease clearly afterwards.

Aftercare instructions:

- Cool the eyes as instructed
- Sleep with your head slightly elevated during the first few days
- Use eye ointment or eye drops if prescribed
- Do not wear make-up until the doctor advises that this is allowed
- Do not wear contact lenses until the doctor advises that this is allowed
- Avoid strenuous physical activity for 2–3 weeks
- Avoid sauna, swimming, and direct sun exposure for 2–3 weeks
- Attend your follow-up appointment as scheduled

You will receive the full aftercare instructions in writing or digitally.

Possible risks

As with any medical procedure, there are possible risks and side effects. The doctor will discuss these with you during the consultation, so that you can make a well-informed decision.

Common side effects include:

- Swelling
- Bruising
- Mild pain or discomfort
- Temporary numbness
- Dry or watery eyes
- Temporary pulling or tight feeling of the lower eyelid

Rare complications include:

- Infection
- Bleeding
- Asymmetry
- Visible scarring
- Delayed wound healing
- Under-correction or over-correction
- Temporary or permanent outward turning of the lower eyelid, also known as ectropion

Please contact Skin & Vision Clinic immediately if you experience:

- Sudden reduced vision
- Severe pain
- Persistent or increasing bleeding
- Increasing redness or swelling
- Fever of 38.5 °C or higher
- A suddenly protruding eye

If you are unsure about your recovery, you may always contact Skin & Vision Clinic or your general practitioner.

Costs and payment for cosmetic treatment

For a cosmetic lower eyelid correction, the costs are fully payable by the patient.

The costs are:

€1,050 per eye, excluding 21% VAT

€1,850 for both eyes, excluding 21% VAT

You will receive clear information in advance about the payment conditions and the treatment plan.

The treatment will only take place after you have agreed to the treatment plan and any applicable costs.

Your privacy

Skin & Vision Clinic treats your personal data confidentially and in accordance with the General Data Protection Regulation (GDPR). Your medical information is carefully recorded in your patient file.

You have the right to access your medical file and to request correction of your data if necessary.

Questions or complaints?

Do you have any questions, concerns, or complaints about your treatment? Please feel free to contact us.

If you are dissatisfied with any aspect of your care, you can use our complaints procedure. Information about this is available on our website:

www.skinandvision.nl/klachtenregeling

Contact

Skin & Vision Clinic

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This telephone number can also be used for urgent questions outside office hours.