

Ptosis Surgery_Patient Information

What is ptosis?

Ptosis is a medical condition in which the upper eyelid of one or both eyes hangs lower than normal. The eyelid may partly cover the pupil, which can reduce vision.

Ptosis may cause symptoms such as:

- Reduced vision
- A tired appearance of the eyes
- Heavy or drooping upper eyelids
- Headaches caused by lifting the eyebrows or tightening the forehead muscles
- Tired eyes

The cause is usually a weakened or stretched levator muscle. This is the muscle that lifts the upper eyelid. Ptosis can be congenital, but it can also develop due to ageing, injury, previous eye surgery, or neurological conditions.

When is ptosis surgery needed?

Ptosis surgery may be recommended when the drooping upper eyelid causes symptoms or obstructs vision.

Examples include:

- The upper eyelid partly covers the pupil
- You need to raise your eyebrows or tighten your forehead muscles to see better
- You experience headaches or tired eyes
- There is asymmetry between both eyes
- The eyelid muscle does not function properly

During the consultation, the doctor will assess whether ptosis surgery is medically necessary and suitable for you.

Difference between ptosis and dermatochalasis

Ptosis and dermatochalasis are sometimes confused, but they are different conditions.

Ptosis

In ptosis, the upper eyelid hangs too low due to a problem with the muscle that lifts the eyelid.

Dermatochalasis

In dermatochalasis, there is excess or loose skin of the upper eyelid.

Blepharoplasty

Blepharoplasty, also known as upper eyelid correction, is a procedure in which excess skin and/or fat of the upper eyelid is removed.

Sometimes ptosis and dermatochalasis occur together. In that case, a combined treatment may be advised, for example ptosis surgery combined with blepharoplasty.

Possible combined treatments

Ptosis surgery with blepharoplasty

When there is excess skin in addition to a drooping upper eyelid, a combined treatment may be advised. This improves the position of the eyelid and removes excess skin.

This combination may help to achieve:

- Improved vision
- A more natural eye appearance
- Better symmetry between both eyes
- A fresher appearance

Ptosis surgery with botulinum toxin

Some patients use their forehead muscles to compensate for drooping eyelids. After ptosis surgery, this is often less necessary. In some cases, a small botulinum toxin treatment may be discussed to relax the forehead and improve symmetry.

The doctor will discuss during the consultation whether this is suitable for you.

Consultation and assessment

During the consultation, the doctor will discuss your symptoms, medical history, and expectations. The cause and severity of the ptosis will also be assessed.

The consultation may include:

- Examination of the eyelids
- Assessment of the position of the upper eyelid
- Testing the function of the levator muscle
- Assessment of any excess skin
- Medical photographs

- 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.

Authorisation and reimbursement by the health insurer

If there is a medical indication and you have a referral from your general practitioner or medical specialist, ptosis surgery may be eligible for reimbursement by your health insurer.

Skin & Vision Clinic will submit an authorisation request to your health insurer. This authorisation request is submitted only for the medical ptosis surgery. The health insurer will then assess whether this treatment will be reimbursed.

The final decision always lies with your health insurer and depends on your insurance policy and the medical assessment. Even when there is a medical indication, the health insurer may decide not to reimburse the treatment.

Even if the ptosis surgery is reimbursed, your deductible excess may still apply.

Additional blepharoplasty

Any additional blepharoplasty, in which excess skin of the upper eyelids is removed, is not automatically included in the authorisation request for ptosis surgery.

If this additional treatment is not reimbursed by your health insurer, the costs will be payable by the patient. You will receive clear information about this in advance.

Cosmetic ptosis surgery when reimbursement is not possible

If your health insurer does not reimburse the ptosis surgery, or if the insurer determines that there is no medical indication, the treatment may still be performed as a cosmetic procedure.

In that case, the costs are fully payable by the patient. This also applies if you still wish to proceed with the treatment because of a tired appearance, asymmetry, or a bothersome position of the upper eyelid, without reimbursement being granted by the health insurer.

The costs for cosmetic ptosis surgery are:

€1,050 per eye, excluding 21% VAT

When both eyes are treated, an adjusted rate applies:

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

Skin & Vision Clinic will inform you clearly in advance about the costs, payment conditions, and treatment plan. The treatment will only take place after you have agreed to this and signed the treatment agreement.

Preparation on the day of treatment

For a safe treatment, we ask you to take the following into account:

- Do not wear make-up on the day of treatment
 - Do not wear jewellery around the face
 - Cleanse your face beforehand with a mild cleanser
 - Always discuss the use of blood thinners with the doctor in advance
 - Never stop medication on your own initiative
 - Arrange transport home, as you are not allowed to drive yourself after the treatment
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The treatment

Ptosis surgery is usually performed under local anaesthesia. This means that the area around the upper eyelid is numbed with an injection.

What you can expect:

- Duration: approximately 45–60 minutes per eye
- The procedure is performed through an incision in the natural crease of the upper eyelid
- The levator muscle is strengthened or shortened
- If necessary, excess skin is removed
- Sutures are usually removed after approximately 7–10 days
- After a short rest period, you may go home the same day

The scar usually lies in the natural eyelid crease and is often barely visible after normal healing.

Recovery and aftercare

After the treatment, swelling, bruising, mild pain, and a temporary numb or tight feeling are normal. These symptoms usually improve gradually.

Aftercare instructions:

- Cool the treated area as instructed
- Use eye ointment if prescribed
- Do not wear make-up or contact lenses until the sutures have been removed
- 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.

Common side effects include:

- Swelling
- Bruising
- Mild pain or discomfort
- Temporary numbness
- Dry or irritated eyes
- Temporary tightness of the eyelid

Rare complications include:

- Infection
- Bleeding
- Asymmetry
- Under-correction or over-correction
- Delayed wound healing
- Visible scarring

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.

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

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