

Practical Information about Blepharoplasty

Upper Eyelid Correction for Dermatochalasis, also known as excess skin of the upper eyelids

Introduction

This information leaflet is about **blepharoplasty**, also known as an **upper eyelid correction**. This treatment is performed for **dermatochalasis of the upper eyelids**. Dermatochalasis means that there is excess or loose skin of the upper eyelids.

Dermatochalasis can cause symptoms such as a heavy feeling around the eyes, reduced visual field, tired eyes, or headaches caused by constant tightening of the forehead muscles. In these cases, blepharoplasty may provide relief.

Some patients also choose blepharoplasty for cosmetic reasons, for example to achieve a fresher and less tired appearance. This leaflet explains what you can expect before, during, and after the treatment.

Medical or Cosmetic Blepharoplasty?

Blepharoplasty for dermatochalasis can be performed for medical or cosmetic reasons.

Medical indication

A medical indication may apply when dermatochalasis causes functional complaints, such as:

- Reduced visual field
- Heavy or drooping upper eyelids
- Headaches caused by constant tightening of the forehead muscles
- Difficulty keeping the eyes fully open
- Tired eyes caused by excess skin of the upper eyelids

Cosmetic indication

A cosmetic indication applies when there are no medical complaints, but the patient wishes to improve the appearance of the upper eyelids. This may involve excess skin, loose skin, or a tired appearance.

Reimbursement and invoicing

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

Reimbursement depends on your insurance policy and the assessment by 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.

For cosmetic blepharoplasty, the costs are fully paid by the patient.

Treatment Pathway

A. Consultation and Assessment

During the consultation, we will discuss your complaints, wishes, and expectations. The doctor will examine your upper eyelids and assess whether there is dermatochalasis and whether blepharoplasty is suitable for you.

The consultation may include:

- Discussion of your complaints, wishes, and expectations
 - Medical examination of the upper eyelids
 - Assessment of the severity of the dermatochalasis
 - Explanation of the blepharoplasty and the expected result
 - Review of possible contraindications, such as blood thinners or eye conditions
 - Medical record registration in accordance with GDPR and WGBO regulations
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B. The Procedure

Blepharoplasty is usually performed under local anaesthesia. This means that the area around the upper eyelids is numbed with an injection.

What to expect:

- Duration: approximately 60–90 minutes
- Anaesthesia: local anaesthesia by subcutaneous injection
- Excess skin and/or fat is removed through an incision in the natural eyelid crease
- Sutures are usually removed after approximately 7 days
- You can go home the same day

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.

C. Recovery and Aftercare

After blepharoplasty, swelling, bruising, mild pain, and temporary numbness are common. These symptoms usually improve gradually in the days and weeks after the treatment.

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 after approximately one week

You will receive written aftercare instructions after the treatment.

Frequently Asked Questions

When can I return to work?

Most patients can return to work after 1–2 weeks. This depends on the swelling, bruising, and the type of work you do.

When can I exercise again?

Strenuous physical activity is not recommended for approximately 2–3 weeks. The doctor will advise you based on your recovery.

Are there any 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
- Temporary tightness of the eyelids

Rare complications include:

- Infection
- Bleeding
- Asymmetry
- Visible scarring
- Delayed wound healing

Please contact us immediately if you experience sudden vision loss, severe pain, increasing swelling, or persistent bleeding.

Will the scar be visible?

The incision is placed in the natural eyelid crease. With normal healing, the scar usually becomes barely visible over time.

Costs and Payment

Cosmetic blepharoplasty of the upper eyelids

Price: €900

For cosmetic treatments, the full cost is paid by the patient. Payment must be completed before the treatment.

If a different or additional treatment is advised, you will receive clear information about the costs in advance.

Informed Consent and Treatment Agreement

Before the blepharoplasty, you will be asked to sign a treatment agreement. By signing this agreement, you confirm that:

- You have received clear information about the treatment
 - You understand the possible risks and recovery process
 - You have had the opportunity to ask questions
 - You agree to the treatment plan
 - You understand whether the treatment is medical or cosmetic
 - You understand the payment conditions
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Your Rights and Our Care

What you can expect from us

At Skin & Vision Clinic, you can expect:

- Care provided by qualified, BIG-registered physicians
- Clear and honest information
- Safe and careful treatment
- Protection of your privacy in accordance with GDPR regulations
- Access to a complaints procedure, if needed

Information about our complaints procedure is available digitally and can also be provided with your aftercare documents.

What we expect from you

To provide safe care, we ask you to:

- Inform us about your medical history
- Tell us which medication you use, including blood thinners
- Follow the instructions before and after the treatment
- Attend follow-up appointments
- Give written consent before the treatment

Contact

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