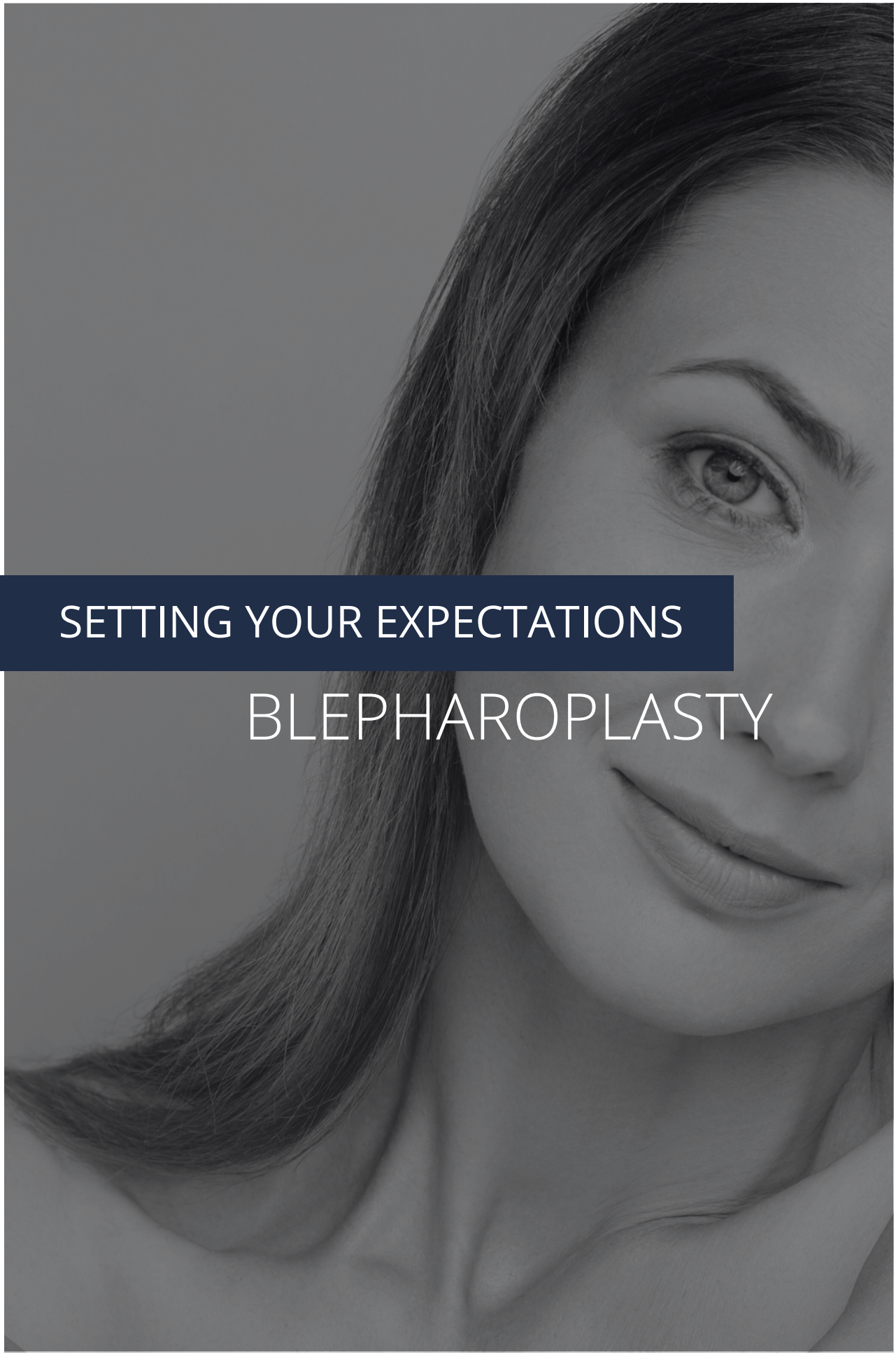


SETTING YOUR EXPECTATIONS

BLEPHAROPLASTY

CosMediTour

WELCOME

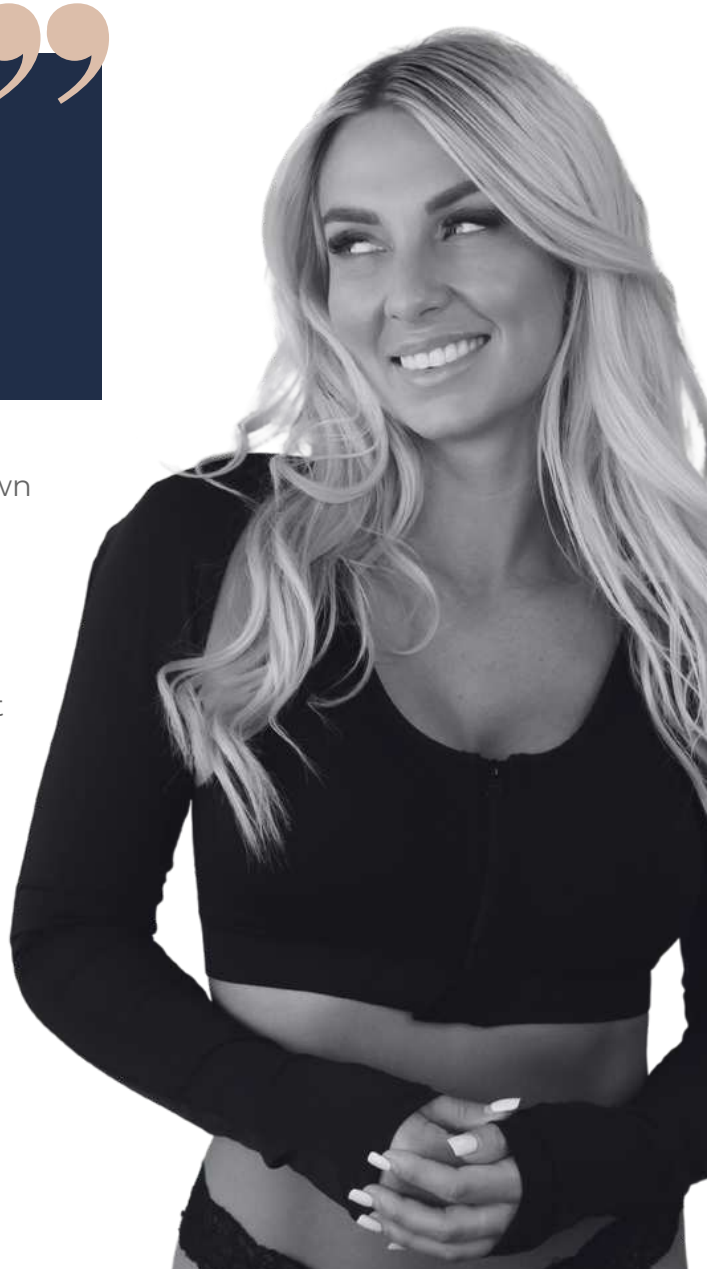
Welcome to CosMediTour, Australia's leading Plastic Surgery Group. We're so excited you've entrusted us to guide and support you throughout your journey.

Helping you confidently prepare for your procedure is a privilege we take very seriously. This includes ensuring that your expectations and assumptions around your procedure are realistic.

> Helping you confidently prepare for your procedure is a privilege we take very seriously

We've prepared this Guide to help inform your own Expectation setting process, particularly around scarring, your results, recovery and risks. We do hope you it useful.

If you have any questions at all, our friendly Client Support team is here to help on 1300 000 633.



Above all, we're here to ensure that you feel confident, safe & supported throughout your journey.

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INTRODUCTION

The expectations, assumptions and beliefs you form ahead of your procedure are important for a number of reasons.

Often subconsciously, your expectations:

- Guide your decision making.
- Help you to be emotionally prepared ahead of your procedure and during recovery.
- Provide a foundation for Surgeon-Patient communication and trust.
- Become a benchmark to measure your satisfaction after the procedure.
- Help you to more effectively manage your recovery.
- Help you to understand and assess your own exposure to risk.

While expectations can be beneficial, pursuing *unrealistic* expectations may result in:

- Disappointment with your results
- Emotional distress
- Surgical complications if your Surgeon's advice is disregarded.
- Strained Surgeon-Patient relationship.
- Significant financial outlay for surgery that won't meet your expectations

Your CosMediTour Plastic Surgeon will discuss your motivations and expectations in detail with you. To get the most from your consults, it is important that you are open and honest with your Surgeon and always trust their experience.

> The clients most satisfied with their results typically have three things in common. They're open and honest with their Surgeon; are realistic about their results; and they trust their Surgeon's expertise.

Over time, gravity, sun exposure, and stress can impact the delicate eye area, causing wrinkles or sagging. Blepharoplasty restores a youthful look.

An Eyelid Lift, known by various names like Blepharoplasty, Eyelid Reduction, or Droopy Eyelid Surgery, targets excess fatty tissue and loose skin around the eyes. The procedure can:

- ☑ Correct drooping upper eyelids
- ☑ Expand the line of sight
- ☑ Enhance eye shape

Eyelid Lifts can also assist in the strengthening of the muscles around the eyes—not only will surgeons tighten the muscles during the procedure, but the removal of excess tissue will also reduce the amount of unnecessary load in the area.

The primary goal of an Eyelid Lift is to achieve a more youthful outlook*. While some procedures are performed for medical reasons (i.e. when excess tissue is obstructing vision), others have aesthetic motivations.

*To further combat the effects of ageing, Eyelid Lifts can be combined with Brow or Facelifts.

PLANNING YOUR PROCEDURE

To execute the perfect Eyelid Lift, there are a range of considerations our Plastic Surgeons keep in mind—these ensure that each surgery is unique and tailored to meet individual client needs.

At CosMediTour, we exclusively provide the Upper Eyelid Lift, which focuses solely on the area between the eyebrow and the eye. This procedure targets excess tissue that, in some cases, obstructs vision.

It's important to note that we no longer offer the Lower Eyelid Lift due to associated complication risks. Our commitment to safety and optimal outcomes guides our practice, and we appreciate your understanding.

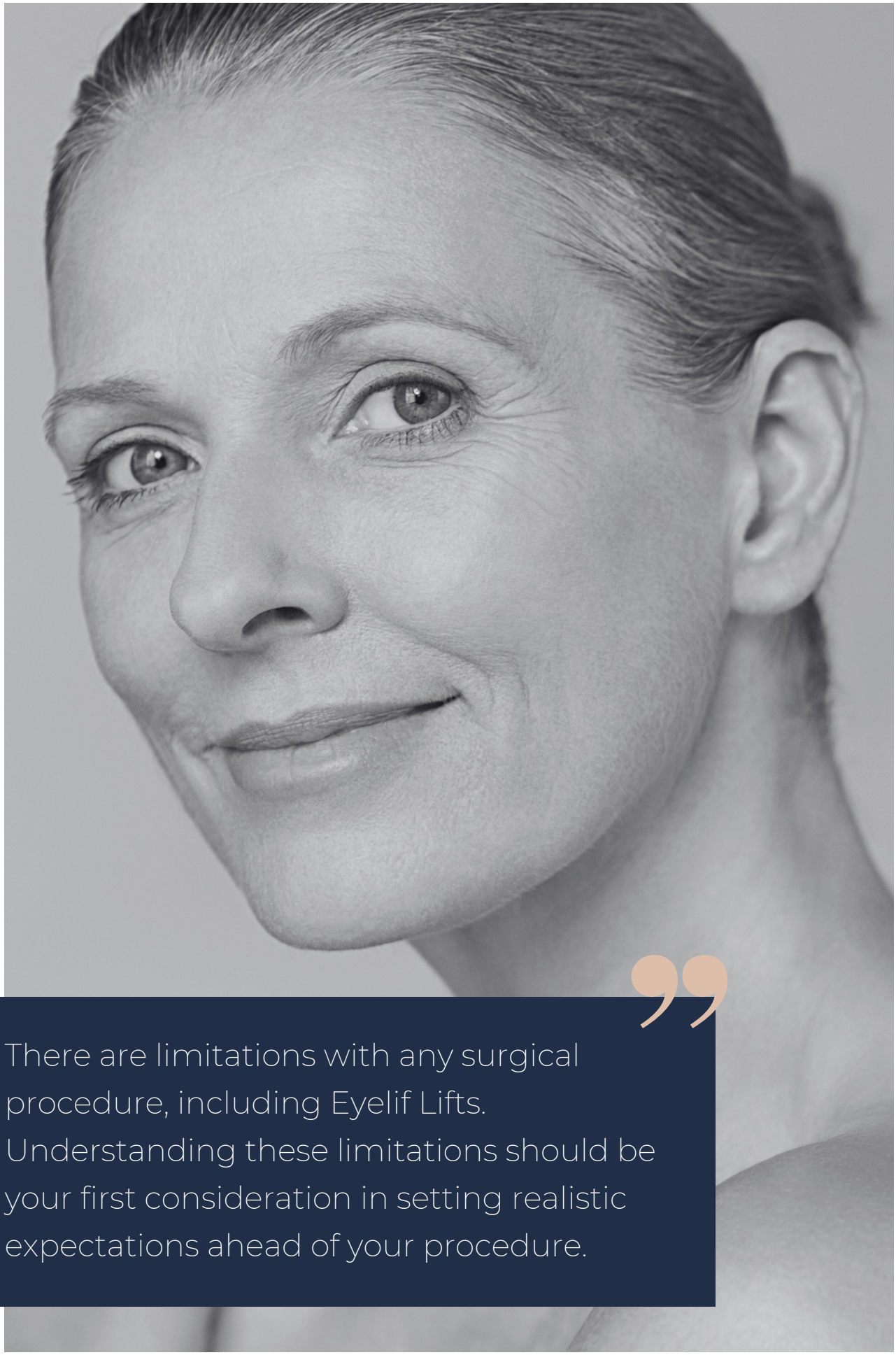
INCISION PLACEMENT

Our skilled surgeons meticulously choose their incision approach, ensuring it aligns seamlessly with the natural creases of the eyes. This technique is paramount in significantly minimising the appearance of scarring, contributing to the overall aesthetic outcome of the Eyelid Lift procedure.

UPPER FOLD INCISION

To perform an Upper Eyelid Lift, an incision is made along the natural fold of the upper eyelid. This strategic placement allows for the removal of excess tissue, predominantly skin, with subsequent steps involving the careful adjustment of fat through removal or redistribution.

If necessary, underlying muscles are tightened using stitches. The procedure concludes with the closure of the site using sutures, ensuring a seamless and aesthetically pleasing result. Throughout this process, our surgeons prioritise precision to achieve the desired outcome while maintaining a focus on minimising postoperative scarring.



There are limitations with any surgical procedure, including Eyelif Lifts. Understanding these limitations should be your first consideration in setting realistic expectations ahead of your procedure.

BE REALISTIC ABOUT YOUR RESULTS

WHAT IS POSSIBLE WITH AN EYELID LIFT

- The procedure can remove excess skin on the upper eyelids that may be causing sagging or impairing vision.
- Eyelid Lift surgery can enhance the overall contour of the eyes, providing a more youthful and rested look.
- If needed, the surgeon can redistribute or remove excess fat from the upper eyelid area, enhancing the overall contour.
- The procedure may involve tightening the underlying muscles of the upper eyelids, contributing to a firmer and more lifted appearance.
- The surgery enhances symmetry between the upper eyelids, promoting a balanced appearance. While improvements are achieved, achieving absolute perfection is challenging, and some natural asymmetry may persist.

WHAT ISN‘T POSSIBLE WITH AN EYELID LIFT

- Blepharoplasty is not designed to alter the fundamental shape of your eyes.
- While wrinkles can be reduced, complete elimination may not be achievable. Expectations should be realistic regarding the extent of wrinkle improvement.
- While Eyelid Lift surgery can provide long-lasting results, it doesn't stop the natural aging process. Some changes may occur over time.
- Eyelid lift surgery focuses on the eyelids and doesn't address concerns related to the eyebrows or forehead. Separate procedures may be necessary for those areas.
- An Upper Eyelid Lift specifically targets the upper portion of the eyes. It does not address concerns related to the lower eyelids, such as under-eye bags or puffiness.

RESULTS ARE NEVER GUARANTEED & RESULTS VARY

Understand that results are never guaranteed and the outcomes for one patient may not necessarily reflect your results.

Every body type is different and therefore every body can expect a different result from their surgery.

Your Surgeon will discuss your specific goals and concerns, and provide you with realistic expectations based on your unique circumstances.

DO YOUR RESEARCH

Compiling photos, particularly Before & Afters, helps our clients to clearly communicate their desires to their Surgeon.

While compelling, please make sure you're not drawing your inspiration from edited sources.

Opt instead for credible sources; including Before and After images from CosMediTour or your Plastic Surgeon. Unlike the heavily edited images you may find on your socials, these are an accurate depiction of real-client results.

Each year, thousands of happy clients choose CosMediTour. Our Surgeons are exceptional & their Before & After Photos speak for themselves.

VIEW GALLERY

MAINTAIN AN OPEN MIND

While you will have done your own research, it's important to approach your consults with an open mind and be prepared to shift your expectations in light of the tailored advice from your surgeon.

A DIFFERENT APPROACH MAY BE SUGGESTED

Your Surgeon may suggest a different approach for your Facelift than you were expecting.

It's important to understand your surgeon will do everything they can to get you as close to your desired result as possible, but they never go so far as to compromise the normal movement of your face.

Please seriously consider your Surgeons advice as these adjustments will ensure you achieve a safe, superior & and long-lasting result.

TRUST YOUR SURGEON'S KNOWLEDGE & EXPERTISE

Trust the experience of your Surgeon - they've not only had over 12 years of specialist Plastic Surgery training, but also years of experience in performing your procedure.

Rest assured. They want the best possible outcome from your surgery, which of course includes ensuring your safety.

> Importantly, if your Treatment Plan is adjusted, then your Surgical Quote will also need to be adjusted.

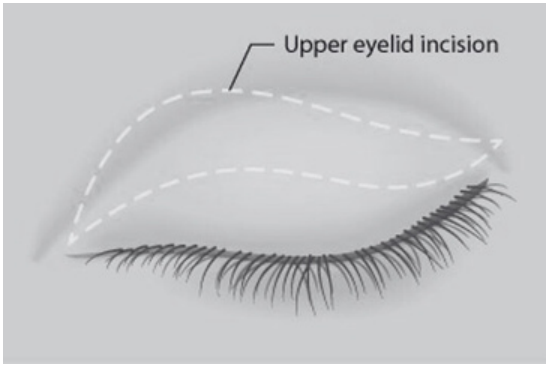
EXPECT SOME SCARRING

Your highly skilled Plastic Surgeon will do everything possible to minimise scarring. However, no matter how skilled your Surgeon is, you should expect a level of scarring after your surgery.

SURGICAL INCISIONS

Blepharoplasty typically results in minimal scarring that is strategically placed to be inconspicuous.

For Upper Eyelid surgery, incisions follow the natural crease.



PATIENCE IS KEY

Scarring is a natural part of the healing process and all clients will have visible scarring, to some extent after their procedure. Everyone's scar management journeys are different and we encourage you to be prepared for this.

Some individuals have minimal scarring with minimal effort after surgery. While others will have more visible post-surgery scarring. Some clients also opt to invest in advanced scarring treatments (e.g. Laser Treatment) to improve their outcome.

Initially, scars may appear red, raised, or slightly discoloured. With time and proper wound care, your scars are likely to fade in the months following your procedure.

Looking after yourself post-surgery is vital to your recovery. Quality rest, nutrition and strict adherence to your Surgeon's care instructions have a direct impact on your ability to heal and your final results.

RECOVERY TAKES TIME

Recovery periods vary from person to person; however, we advise clients to allow 6 weeks for post-surgery recovery. We're here to support you. If you'd like to discuss your Recovery, or if you have any concerns, please reach out to your Client Manager.

HOSPITAL STAY | Half Day - Overnight

In Australia, Eyelid Lifts are typically regarded as day surgery. So, assuming good general health, clients can leave hospital 2 to 3 hours after they wake. Clients undergoing the procedure in Thailand are required to have a short hospital stay (usually overnight).

REST TIME | 2 Weeks

Bruising and swelling are normal after surgery. This can appear around the eyes and, occasionally, on the whites of the eyes, but should subside within the first few weeks.

It's important not to strain the eyes during the initial recovery period. This means taking it easy with reading, watching TV, and using your phone. Light sensitivity is common and clients may need to wear sunglasses for 2 to 3 days. To aid recovery:

- ☑ Clients should sleep with their head elevated for at least 2 weeks.
- ☑ No driving, work or exercise in the 1st week.
- ☑ Contact lenses should not be worn for at least 2 weeks.
- ☑ Clean the eyes carefully and apply lubricating drops when itchy or crusty.

RECOVERY TIME | 3 Weeks

To ensure optimal healing, strenuous exercise or activities that raise blood pressure (bending, lifting, and straining) must be avoided for at least 3 weeks.

SETTLING PERIOD | 3 Weeks

Bruising and swelling will begin to improve in 2 – 3 weeks.

KNOW THE RISKS

It's important to be aware that all surgical procedures carry risks. Understanding these risks and taking precautions to minimise them will be key to your recovery.

CLICK HERE for more information on Surgical Risks & important ways you can minimise your own risk.

UNDERSTANDING THE RISKS

Despite choosing a skilled Plastic Surgeon, receiving care in a premium hospital, and following recovery protocols, complications and risks can still occur. What's more, just like recovery timeframes, risk varies from person-to-person.

Prior to providing surgical consent, your Plastic Surgeon will thoroughly assess and explain your exposure to risk and discuss your individual recovery.

For further advice or clarification on surgical risk and your recovery, please consult your Plastic Surgeon, GP or other appropriately qualified health practitioner.

MINIMISE YOUR OWN RISK

- ☑ Closely read all documentation from your Surgeon/CosMediTour.
- ☑ Precisely follow all advice from CosMediTour and your Surgeon.
- ☑ Disclose your full medical history, medications, vitamins, supplements and smoker status.
- ☑ Be in great physical health prior to surgery.
- ☑ Ensure you have realistic goals.
- ☑ Prepare questions for your surgeon before surgery to cover all concerns during consultations.
- ☑ Ensure proper wound care
- ☑ Wear post-surgery support garments as instructed
- ☑ Avoid activities that may hinder your recovery, including smoking, alcohol, exercise etc. READ MORE

Your safety is our top priority and failure to follow the above may result in your surgery being postponed or even cancelled.

WE'RE WITH YOU ALL THE WAY

We're here to help you feel confident, safe and supported throughout your journey.

If you have any questions or concerns about your procedure or your recovery, please connect with your Client Manager.

Phone us on 1300 000 633

Send us an online enquiry

JOIN OUR COMMUNITY

Follow us for inspiration & education.

Instagram

Facebook

YouTube

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CosMediTour

All surgical procedures carry risks. Before proceeding we recommend you seek a second opinion from a qualified health practitioner. This information should not be regarded as a substitute for medical, legal or other professional advice. CosMediTour accepts no legal liability arising from or connected to any material in this publication or on any linked site.