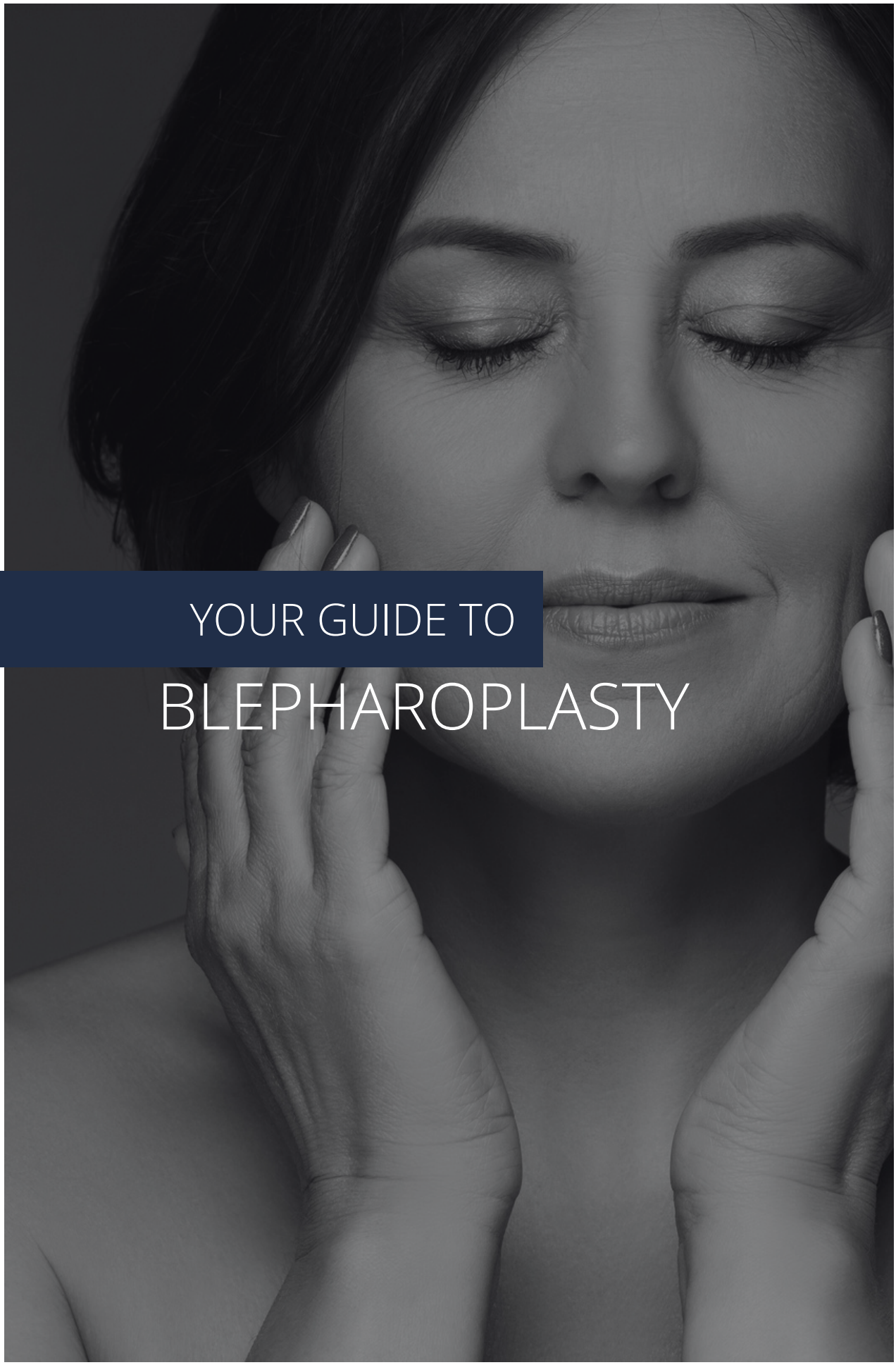

YOUR GUIDE TO BLEPHAROPLASTY

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.

As Australasia's most trusted Plastic Surgery group, we're passionate about client care.

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INTRODUCTION

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.

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

VIEW GALLERY

THE PROCEDURE

WHAT TO EXPECT BEFORE YOUR PROCEDURE

ENQUIRY & ASSESSMENT

Connect with our friendly Client Support Specialists to understand if you're a suitable candidate for surgery & receive your personalised surgical recommendation.

SURGEON CONSULTATION

Meet with your Plastic Surgeon to discuss your desired outcome & together, plan your procedure.

YOUR SURGERY | 1 - 2 hours

Eyelid Lifts takes between 1 to 2 hours. During this time, clients are placed under general anaesthesia.

> We're with you all the way. From your free assessment, through the planning stages of your surgery & even following your results.

WHAT TO EXPECT AFTER YOUR PROCEDURE

Recovery periods vary from person to person; however, we advise clients to allow 6 weeks for post-surgery recovery.

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:

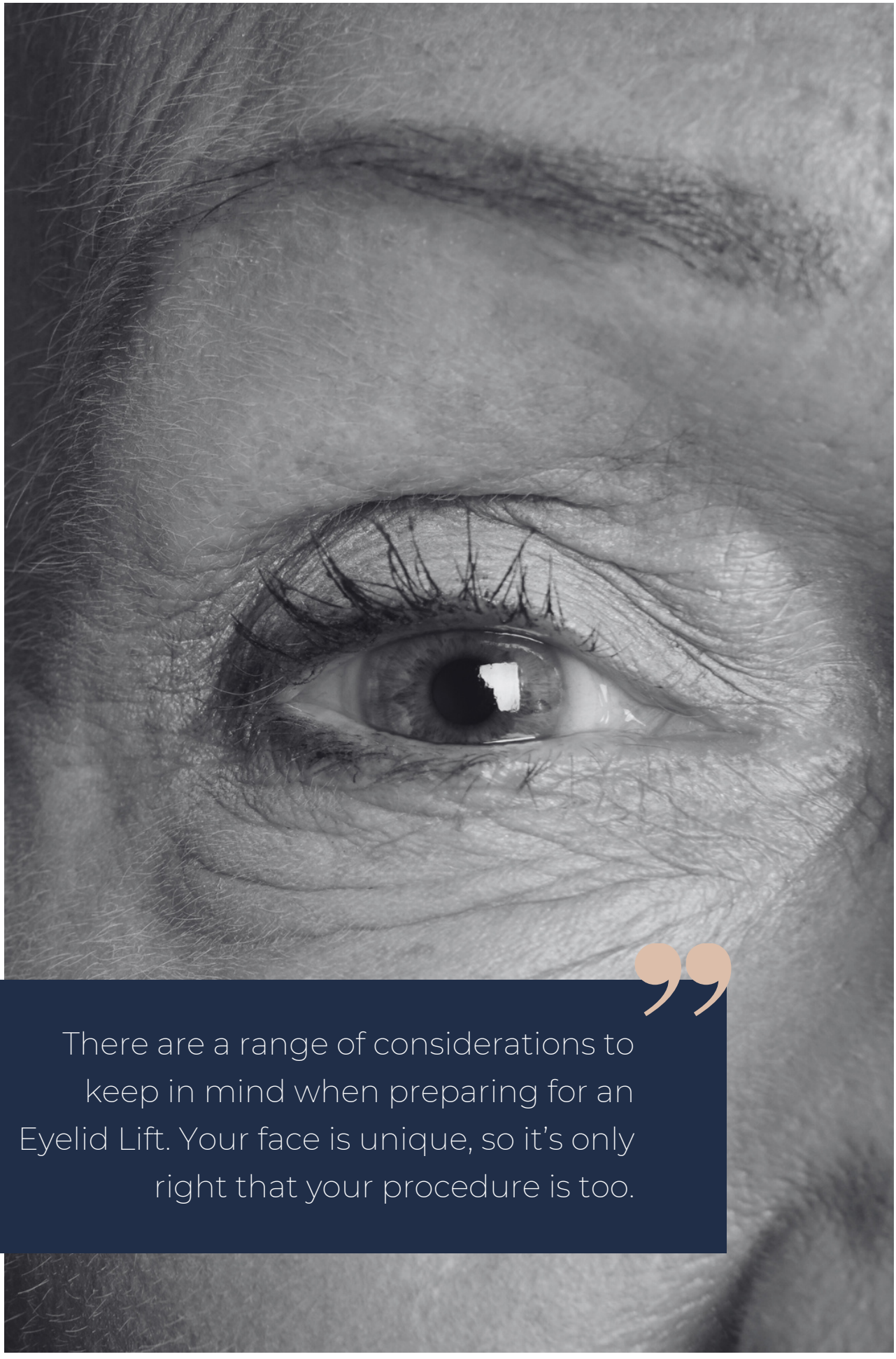
- ☑ Clients should sleep with their head elevated for at least 2 weeks.
- ☑ No driving, work or exercise in the 1st week.
- ☑ Contact lenses should not be worn for at least 2 weeks.
- ☑ Clean the eyes carefully and apply lubricating drops when itchy or crusty.

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.



There are a range of considerations to keep in mind when preparing for an Eyelid Lift. Your face is unique, so it's only right that your procedure is too.

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.

POTENTIAL RISKS TO CONSIDER

While you can rest assured that you'll be in the most capable surgical hands throughout your CosMediTour Eyelid Lift, there are potential risks to consider with all forms of surgery. Our expert Plastic Surgeons take the utmost care to minimise the occurrence of surgical complications & work out of hospitals renowned for their high quality & practice standards. Most of the following possible risks & complications are ones associated with all surgeries.

BEFORE YOU GO UNDER

It's important that you disclose your medical history, and any medications you may be taking before your procedure. This includes if you've experienced any of the following: glaucoma, dry eyes, repeated conjunctivitis, previous eye trauma, rheumatoid arthritis, thyroid disease, facial nerve palsy/muscle disease, myasthenia gravis, diabetes, or cardiovascular disease.

RISKS & POSSIBLE COMPLICATIONS

- Surgical risks (infections, bleeding, allergic reactions to medical materials)
- Haematoma (collection of blood)
- Visible scarring (standard or Keloid - lumpy, inflamed, and itchy)
- Removal of too much skin (can expose cornea to injury)
- Itchy, watery, or dry eyes
- Bruising and swelling
- Persistent pain
- Eyelid asymmetry
- Difficulty closing eyes
- Eyelid ptosis – sagging skin that pulls upper eyelid down (temporary or permanent)
- Ectropion – lax/droopy lower eyelids (temporary or permanent)
- Blurred/impaired vision (temporary or permanent*)
- Numbness/change in eyelid skin sensation
- Skin discolouration
- Need for revisional surgery

**Permanent blurred/impaired vision or blindness is an extremely rare complication. Smoking, pre-existing eye disease, and straining, lifting or excessive coughing after surgery can increase this risk.*

WHY CHOOSE COSMEDITOUR

COMPASSIONATE CARE

Our dedicated team will ensure you feel confident, safe & supported at every stage of your journey.

SURGERY PAYMENT OPTIONS

From layby to personal loans, we can assist you with payment options to fund your Plastic Surgery.

THE BEST PLASTIC SURGEONS

The finest & most trusted Surgeons work with you to understand your goals & deliver beautiful results.

ALL-INCLUSIVE SURGERY PACKAGES

From your surgery, anaesthetist fees & hospital stay, our packages are all-inclusive with no hidden costs.

TRUSTED BY CLIENTS

After 12 years as Australasia's most trusted Plastic Surgery group, we maintain a 5-Star Google rating.

HONEST, PERSONALISED ADVICE

We believe in authenticity & we'll always be realistic about the results you can achieve.

NEXT STEPS

GET IN TOUCH

We're here to help. Schedule a free, confidential consultation with our friendly Client Support Team today.

Phone us on 1300 000 633

Send us an online enquiry

Take advantage of our 5-minute online assessment to receive your personalised, obligation-free quote.

START NOW

JOIN OUR COMMUNITY

Follow us for inspiration & education.

Instagram

Facebook

YouTube

TikTok

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.