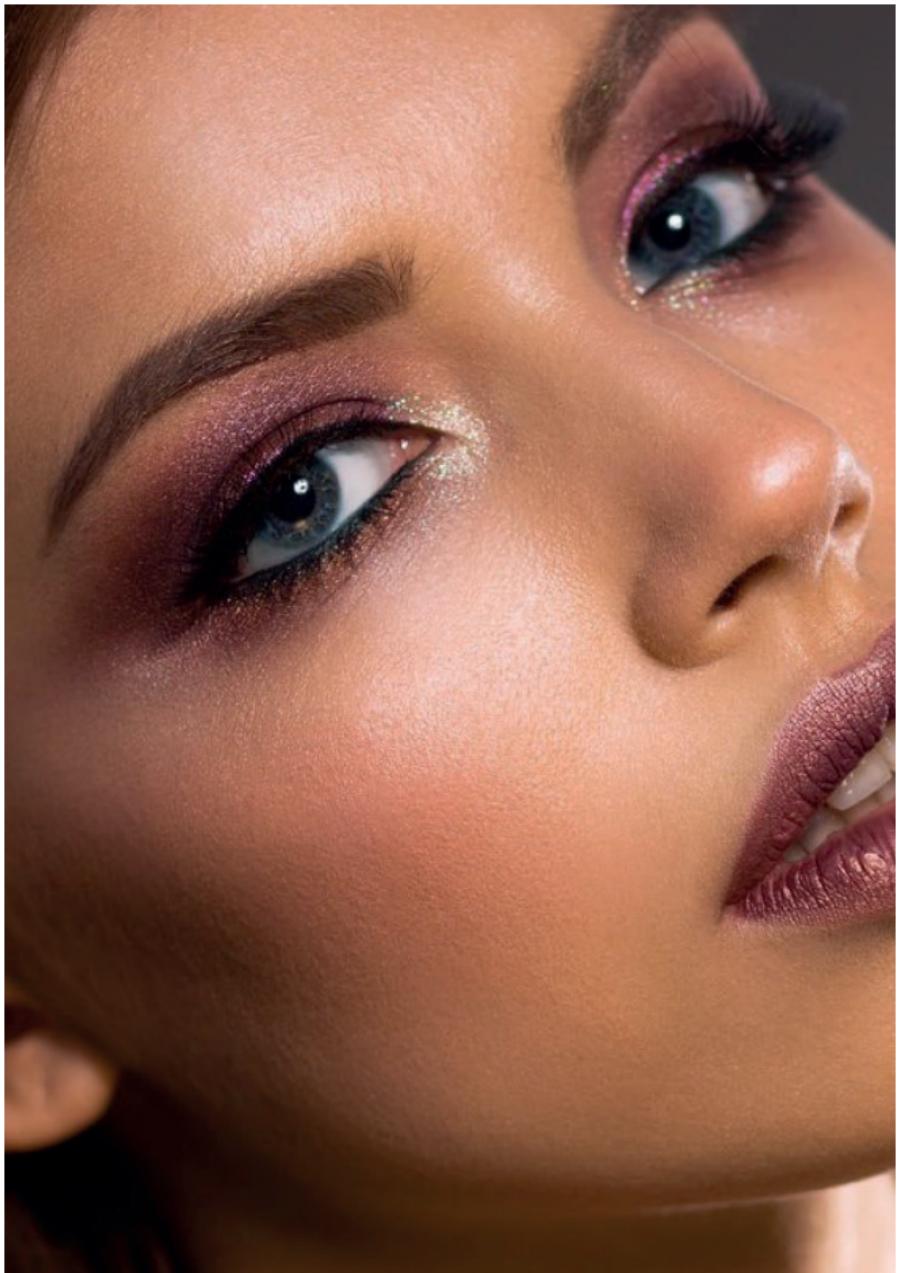


A close-up, shallow depth-of-field photograph of a woman's face. The focus is on her eyes, which are a vibrant green color. She has dark brown hair and is smiling, showing her white teeth. The lighting is soft and warm.

DR MATTEO  
**VIGO**  
PLASTIC SURGERY

WHAT ARE THE  
BENEFITS OF  
**EYELID SURGERY?**



During an initial consultation with Dr. Vigo, he will discuss the specific benefits of an eyelid procedure for you personally, giving you the chance to ask lots of questions and decide whether it is right for you. Whether you are looking to correct vision problems, reverse the effects of ageing or simply for cosmetic reasons, there are a wide-range of benefits of eyelid surgery.

### **WHY UNDERGO EYELID SURGERY?**

#### **Appear Younger**

Unfortunately, the ageing process is something that occurs in everyone, no matter how well a person may take care of themselves. Some people may experience unwanted signs of ageing as early as their 20s, while others are lucky enough to notice them many years down the line. Nevertheless, it is a natural and unavoidable occurrence.

The eyes are one of the first and most visible areas to demonstrate ageing since the collagen in the delicate skin surrounding the eyes begins to weaken earlier on and more severely than in most other areas.

That being said, one of the key aims of eyelid surgery, in particular blepharoplasty, is to remove any excess skin around the eyes which causes them to appear tired, baggy and aged. After undergoing such a procedure, most patients are pleased with how much younger and more refreshed they look.

This is because the eye is constantly moving, causing loss of volume, added wrinkles, drooping and excess skin. Blepharoplasty removes that excess tissue, skin and fat in order to leave a more youthful appearance.

### **Look less tired**

During initial consultations, many patients complain of constantly looking like they have not slept a wink in a long while, even if they always get a solid eight hours, or appearing stressed when they are not. Surgical removal of the excess eyelid skin and fat will mean a look that appears less tired since this excess skin is what contributes to under-eye bags and puffiness as we begin to age.

Patients may also choose to undergo other procedures, such as brow lift, which has a similar effect in that it aims to reduce the number of wrinkles, lines or creases present on the forehead. These are normally carried out together in order to shorten the recovery process.

### **Remove dark circles**

There are three main causes of dark under-eye circles; the loss of volume in the tissue under the eyes, excess eyelid fat which can cause 'bulging', and the reduction of the pigmented eyelid skin, causing darkness beneath the eyes. The correct surgical procedures can help with these issues by removing any excess skin, sculpting and redistributing the fat, and replacing lost volume.





## **Improve vision**

While eyelid surgery is most commonly used for cosmetic motives, there are frequent cases in which it is performed for health reasons. For many patients, the upper eyelid skin may droop down into their field of vision, causing sight problems, which blepharoplasty is able to fix.

Moreover, some patients may suffer from ptosis, or droopy eyelid, which is a physical condition causing the eyelids to droop lower than normal, often impairing vision. Again, a surgical procedure can be performed to correct vision problems, whilst also resulting in a younger, more refreshed appearance. Here, the upper lid is lifted and excess skin and tissue is removed in order to expand the line of sight. Many patients have found that there is a much greater level of comfort in their forehead and eyebrow area after the procedure, as they no longer have to make the effort to raise their eyelids to be able to see clearly.

Another eye condition which can be treated with eyelid surgery is that of dry eye syndrome. This is where the eyes are not able to produce enough tears, or the tears produced are evaporating too fast. However, surgery will only be carried out where dry eye is severe and other treatment methods have failed to help.

## **Receive a confidence boost**

The eyes are a central aesthetic feature and are often the first thing somebody notices about you, which is why feeling content with the way they look is key to positive self-esteem. As such, the physical improvements resulting from cosmetic eyelid surgery and other combined procedures are immeasurable and will certainly help patients feel happier and more confident in their own skin.

## **Are you a suitable candidate for eyelid surgery?**

Remember that Dr. Vigo will always provide an honest opinion regarding the type of surgery a patient has come in to enquire about. This means that it is not uncommon for some patients to be advised against a certain type of surgery. In any case, Dr. Vigo will go through each procedure thoroughly so that patients can make an informed decision about which type of surgery is right for them. Sometimes, non-surgical procedures, such as tear trough fillers might be a more appropriate course of action.

Blepharoplasty is one of the most common cosmetic facial procedures, carried out to improve the appearance of the eye area. Most people seek blepharoplasty surgery to make their eyes appear less tired or to improve their symmetry. Knowing what to expect after the procedure is important and can make the process less overwhelming.

## BLEPHAROPLASTY RECOVERY

### Post-surgery

It might seem a little scary, but once you wake up from your blepharoplasty surgery, the first thing you will notice is that your vision is blurry. This is nothing to worry about and does not mean the surgery has been unsuccessful, but rather because of a thick antibiotic ointment which is applied to the eye area to stop the surface area from becoming dry. This should be used for one week post-surgery, four times a day, on the inside of the eye and the wounds.

To prevent the eye from becoming dry, artificial tear drops are prescribed. For 24-48 hours after the surgery, ice packs should be used and patients should also sleep in a sitting up position, using several pillows to reduce the swelling by preventing fluid from accumulating.

Absolutely avoid any strenuous activities, such as heavy lifting or exercising for at least 7 days into the blepharoplasty recovery period. However, patients need to be mobile right away, so we recommend walking at a gentle pace to begin with.

For the first couple of weeks it is recommended that dark sunglasses be worn to protect the eyes from becoming irritated by wind or sun. We also suggest taking regular naps as the eyes can become tired easily during the recovery period.

### Is there any bruising?

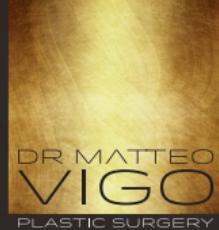
Moderate swelling and bruising is very normal, though the severity of it will differ significantly from person to person. This should decrease within just 1-2 weeks if you have had an upper eyelid blepharoplasty, whereas an upper and lower eyelid blepharoplasty takes 2-4 weeks.

After this time it is generally not at all noticeable that surgery has recently taken place. In a few patients, this swelling and bruising can last for a longer period of time.

Bandages are not normally necessary during the blepharoplasty recovery period, though dressings tend to be placed over the eyes to reduce swelling after the procedure.

### Will I be in pain?

This is not a painful procedure and blepharoplasty recovery is relatively easy. Any pain following surgery will usually be slight and can be managed with the appropriate painkillers. These should be distributed to you after the procedure. Most patients will also be able to get up and walk around as normal on the same evening, or the morning after the surgery.



## A BRIEF NOTE FROM DR MATTEO VIGO



I decided to become a doctor at early age but I was not aware of the world of Plastic Surgery. Once I have discovered it I fell in love with the whole concept behind and how this field of Medicine can be helpful for many people.

I passionately believe that, in order to improve the physical aspect of a patient, the plastic surgeon needs to combine the principles of art and science, adopting a global approach to understanding the individual desires.

Plastic Surgery is a truly fascinating, dynamic, constantly evolving field of medicine and I believe that the role of a Cosmetic Surgeon is unique and highly privileged.

My main goal is to understand the needs of a patient and try to transform their desires into reality. The role of a plastic surgeon is not only merely surgical but also supportive in the decision process of the best treatment to help patients finding themselves and their wellbeing.

All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

I am combining experience, quality and professionalism to evaluate each single case and offer the best solution for my patients.

**"Because you deserve the best"** is my motto and I want always to put the patient at the centre of what I am doing.

You have to feel pampered, understood, listened, loved once in my office and the feedback of this feelings from my patient is my best satisfaction.

Dr Matteo Vigo



## BLEPHAROPLASTY DUBAI

Click here to learn more about  
[Blepharoplasty Dubai](#).

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To book a Blepharoplasty consultation with  
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