



ULTIMATE PROCEDURE GUIDE

EYELID SURGERY

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Types of Eyelid Surgery

Upper Blepharoplasty

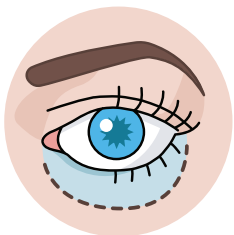


As eyelid skin is the thinnest skin on the face, it is often the first to show deterioration. Over the course of ageing, the thin skin of the upper lid stretches and sags, forming skin folds which gravity pulls downwards. This produces a 'hooded' eyelid effect and can also impede vision.

Blepharoplasty refers to a surgical procedure that improves the shape of the eyelids and reduces sagging eyelid skin.

An Upper Blepharoplasty removes the excess or stretched skin of the upper eye/eyelid to reduce a puffy, 'hooded' eyelid appearance.

Lower Blepharoplasty

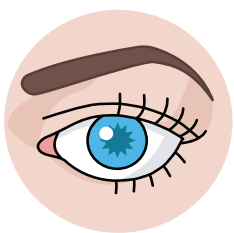


Puffy under-eye skin and eye area wrinkles can leave you looking tired, exhausted or prematurely aged.

A Lower Blepharoplasty can help surgically reduce under eye 'bags' and provide improvements to under-eye wrinkles, lines and puffiness.

During a Lower Blepharoplasty, an incision is made under the lower lash area of the eye. Excess skin and fat are then carefully removed, repositioned, or lifted to create a fresher, smoother and more youthful appearance.

Upper and Lower Blepharoplasty



Patients may choose to have a combined Upper and Lower Blepharoplasty, sometimes known as a 'Quad Bleph'.

A 'Quad Bleph' can help to reduce the perception of ageing in appropriate candidates by helping to restore a toned, healthy looking skin area above and below the eye.

When to consider Eyelid Surgery

Am I a good candidate for Eyelid Surgery?

- Do you have droopy eyelids that leave you looking tired or drained?
- Do you have puffy under-eye 'bags' or fat deposits under your eyes?
- Is your vision impaired due to sagging upper eyelid skin?
- Do you have excess skin or fine wrinkles around your lower eyelids that cause you to look older than you actually are?
- Do you have difficulty putting on eye makeup or seeing your eyelashes?

If your answer is “**YES**” to any of the above concerns, you may be a candidate for Blepharoplasty Surgery. Your chosen Surgeon can assist you in determining the right procedure for your desired outcome.

Common reasons for wanting surgery:

- To reduce puffy under eye bags (fat deposits under the eye area) that leave you appearing tired or older than you really are.
- To improve vision that is being impacted by droopy upper eyelids.
- To remove excess skin and fine wrinkles around the lower eye lid for a younger, refreshed eye appearance.

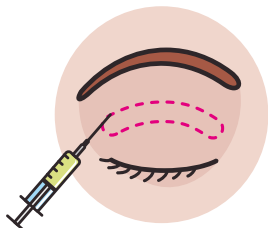


The surgical process

The exact surgical procedure for a Blepharoplasty will be customized by your chosen Surgeon depending on your concerns and the condition of your eyelid area.

In general, the following steps may be involved during Eyelid Surgery:

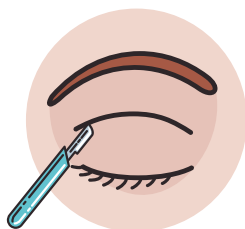
1. Anesthesia



A Local Anesthetic and/or General Anesthetic will be administered for your comfort during surgery. The specific type of Anesthesia selected for your eyelid surgery will depend on the type of procedure you have selected, surgical facility and recommendations of your Surgeon.

2. The Incision

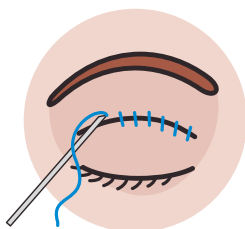
Incisions for Eyelid Surgery are often strategically placed so that scarring is likely to be concealed within the natural structures of the eyelids. Placement will depend on which procedure you have selected.



For example, the upper eyelid area may be corrected through an incision along the natural crease of the eyelid. This allows for reduction or repositioning of fat deposits, tightening of muscles and removal of the excess eyelid skin.

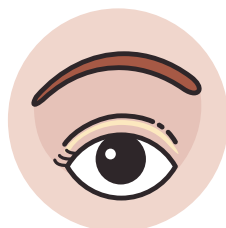
The lower eyelid may be corrected with an incision located just below the lower lash line. Through this incision, excess skin is reduced and excess fat can be reduced or repositioned for a more youthful appearance.

3. Incisions are closed



Eyelid incisions are usually closed with sutures (a row of stitches). These sutures are generally removed within 5-8 days following your surgery, although the exact timing for suture removal will depend on the type of procedure undertaken.

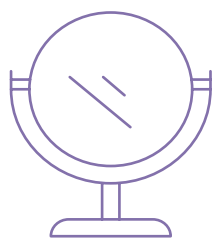
4. See your results as you recover and heal



The results of your Eyelid Surgery will appear gradually as swelling and bruising subside to reveal a more defined & rejuvenated eyelid area. It is important that you follow your Surgeon's advice during your recovery and healing period.

Why should I get Eyelid Surgery?

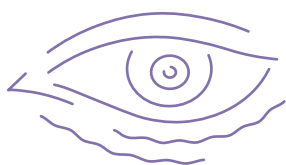
Benefits of Blepharoplasty



Refreshed, youthful and well-rested eye appearance

Your eyes are a focal part of your face and are often the first area to reveal ageing. Eyelid Surgery can often help the entire face to look more refreshed or youthful.

This procedure can minimize a 'tired' appearance by removing saggy skin that appears to 'weigh down' your upper eyelids or which covers part of your iris.



Fewer visible fine lines around the eye area

Reducing wrinkles & lines around the eye area is **not** a primary aim of eyelid surgery and will not completely eliminate wrinkles or lines around your eye area. However, some patients do notice an improvement in these early telltale signs of ageing.

Lifting or reducing **both** the upper & lower eyelids can often help reduce the visibility of lines around the eye area for selected patients.

Improved vision

Sagging eyelids or low-hanging brows can not only be a cosmetic concern, but can sometimes cover part of your eyes and encumber your vision. By removing these deposits and subtly lifting the upper lid, your line of sight may be expanded.



Say goodbye to under-eye bags

Baggy, puffy skin below your eyes can give you a tired, fatigued appearance. Reducing sagging skin and reducing or positioning excess fat under your eyes can reveal a more refreshed, rejuvenated eye area, benefiting your overall facial appearance.



Confidence

A natural-looking, subtle rejuvenation of your eyelids is the key to a good surgical result. The physical improvements achieved from Eyelid Surgery may also help you feel more confident and self-assured about your appearance.

Recovery and healing



The post-surgery healing process

- Recovery times from Eyelid Surgery can vary significantly from person to person.
- The length of your healing period will depend on your specific procedure and be influenced by other health & lifestyle factors.
- In general, however, allow 1-2 weeks for initial recovery following your surgery. Scar maturation often takes longer, up to a year or more.
- Good results depend on a collaborative approach and a healthy lifestyle; so be sure you follow the specific instructions given to you by your Surgeon, and attend all post-operative appointments, and allow adequate & proper healing time.

What to expect?

Swelling

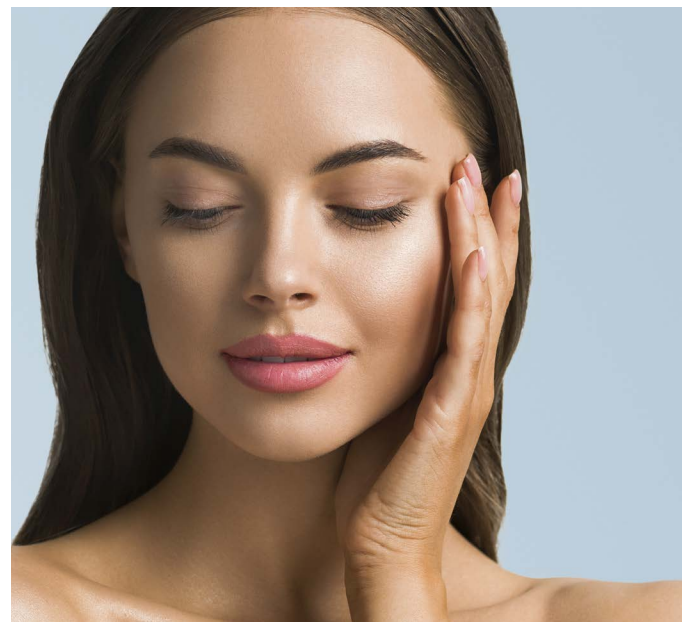
- Swelling around the eye and cheek area is common in patients following a Blepharoplasty procedure.
- Typically, swelling will begin to lessen within the first weeks of your healing period, although some swelling may persist for 3-6 months after surgery.

Bruising and redness

- Bruising and initial redness around the eye & upper cheek area is a common occurrence following Eyelid Surgery.
- This will often fade within the 4-6 weeks of your healing period.

Numbness and itchiness

- You may experience numbness and/or itchiness around your eyelid area following surgery.
- Itchiness can be soothed by applying a cold compress to your eye area.



Recovery and healing

Scar healing and minimization

Once your bruising and most of the initial swelling has gone down, you may begin to focus more on your scars.

The team at Gyskiewicz Twin Cities Cosmetic Surgery are dedicated to minimising scars where possible using precision surgical techniques and post-operative scar minimisation where required.

Blepharoplasty scarring is often minimal as a qualified & experienced Surgeon will complete the necessary incisions in the natural crease of the eyelid or just under the lower lash line, where it is less likely to be clearly noticeable.

Like most scars, any scarring as a result of your Blepharoplasty procedure will pass through phases, and you will notice a gradual improvement over time.

Once your scars have matured, which can take up to 12 months following surgery, Healite Low Level Light Therapy may be required to assist in minimising any scarring.



Maintaining your results

If you decide to go ahead with your chosen Eyelid Surgery procedure, it is important to think about your results in the long-term and how you can best maintain the outcomes of your Blepharoplasty procedure.

Your age, medical history and genes all have a significant impact on your surgical journey as well as the longevity of your results, although certain lifestyle factors can also play an important role in maintaining your surgical results over time.

Below are some tips to help maintain your new look after surgery:

Follow your Surgeon's advice

Good results depend on numerous factors, so it is integral that you follow your Surgeon's specific post-surgery advice throughout your recovery period in order to allow your surgical incisions, as well as your body, to heal properly.

Allowing for proper healing and recovery after surgery will hold you in good stead for maintaining your surgical results over time.

Refrain from smoking

Smokers experience a decrease in oxygen levels, circulation & healing, as well as an increase in free radicals which impair collagen production & impede healing.

Smokers need to quit at least 6 weeks prior to, and following, their surgery date, and we recommend this to be a permanent change in order to help maintain your surgical results and overall health & wellness.

Maintain your health

It is no secret that a healthier body is more likely to recover and heal faster after a surgical procedure.

Maintaining a healthy lifestyle with a nutritious diet and regular exercise can greatly assist your body's recovery and healing, and have a positive impact on your results longer term.

Professional skin care

Using medical-grade skincare products, known as 'cosmeceutical products', with a higher concentration of active ingredients than products you can buy off the shelf, can help to maintain your refreshed appearance following surgery.

Using products specifically formulated for the delicate skin around the eyes can help to accelerate healing, reduce inflammation, and improve overall skin health.

Frequently asked questions

Does Eyelid Surgery hurt?

Most surgery does involve discomfort and pain during the initial post-surgery healing periods. It can be difficult to predict discomfort levels for each individual patient, as there are many variables to consider.

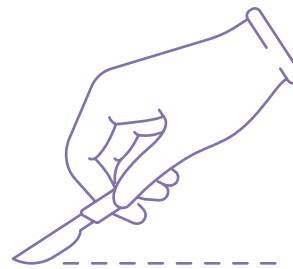
Discomfort after surgery is subjective based on your perception and sensitivity to pain. Fortunately most pain experienced during your healing period, particularly in the days just following your Surgery, can be manageable by following your Surgeon's recommendations & instructions precisely.



What steps can be taken to minimize pain?

Our approach to recovery is to do whatever we can to get you back to your normal life as soon as possible. We call this the 'quick recovery approach' which will be discussed at your consultation.

The team at Gryskiewicz Twin Cities Cosmetic Surgery are dedicated to keeping you as comfortable as possible during your pre-operative sessions, your surgical procedure and your healing & recovery time following surgery.



What can be done to minimize any post-surgery scarring?

Blepharoplasty scarring is often minimal as a qualified & experienced Surgeon will complete the necessary incisions in the natural crease of the eyelid or just under the lower lash line where it is least likely to be clearly noticeable.

Scar Minimization suggestions may be made by your Surgeon. Be sure to follow all Surgeon advice whilst you are preparing for surgery and healing from the procedure.

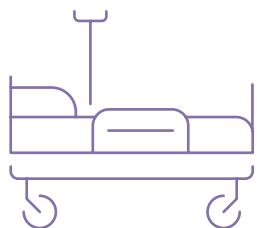
Ask your Surgeon for details about how to minimize your incision lines as you heal.

At what age can I get Blepharoplasty Surgery?

Although it is usually common for fat and loose skin to appear around the eyes as we age, it can also occur genetically in some younger patients.

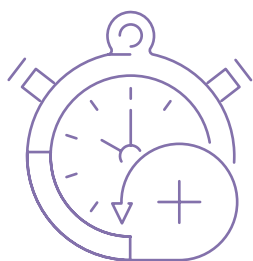
There is no set age for when you can have Blepharoplasty Surgery. If sagging or droopy skin around your upper eyelid or fat deposits and puffiness under your eyes is a cause for concern, Eyelid Surgery may be suitable for you no matter your age.

Frequently asked questions



Will I need to stay in Hospital overnight after surgery?

An overnight stay is not required after Eyelid Surgery. The procedure is performed in-clinic with a Local Anesthetic.



When can I return to work after Eyelid Surgery?

The time taken to recover before returning to work or other daily activities, such as driving, will often depend on the type of Blepharoplasty procedure you have, as well as the type of work undertaken. Typically most patients find they can return to work 1 week following surgery.

When will my sutures (stitches) be removed?

Your stitches will usually be removed 1 week after your surgery. This may vary from patient to patient and is a general guideline .

Will Eyelid Surgery get rid of all my eye wrinkles?

Although a Blepharoplasty may help to reduce some wrinkles under your eye area, this procedure is **not** designed to remove the wrinkles at the outer corners of your eyes (crow's feet) or to fix sagging brows.

If wrinkles around the eye area or sagging brows are a concern, there may be alternate surgical or non-surgical treatments available.



What can I expect at my initial consultation?

At your initial appointment with your Surgeon you will typically:

- Have a physical examination.
- Have your photos taken.
- See Before & After photos from past patients.
- Find out more about surgical options.
- Receive detailed information about your selected surgery options.
- Go through the possible risks and complications associated with surgery.
- Find out about surgery pricing and available date(s).
- Have your questions answered; you can bring a friend or family member with you for support & an “extra set of ears”.

Choosing the right Surgeon

How to find the best Plastic Surgeon for you

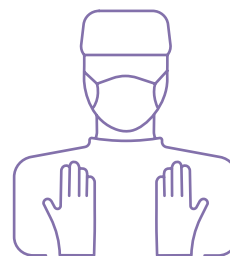
We understand that the quality of your results is dependent on finding the best plastic surgeon for your unique needs. While the importance of this decision can make the research process seem daunting, our team has outlined a few tips that can help you find a qualified plastic surgeon well-equipped to address your concerns:

- **Check a surgeon's board-certification and research their training.** With most plastic surgeons maintaining an online presence, you can easily find out about a surgeon's educational background and whether they've obtained certification from the American Board of Plastic Surgery.

This can narrow down your options and help you find a highly experienced plastic surgeon to perform your cosmetic surgery.

- **Find out whether they specialize in your procedure of interest.** It's generally in your best interest to enlist a plastic surgeon who specializes in, or frequently performs your chosen treatment.
- **Review patient gallery.** There is usually no better indication of what can potentially be achieved with a given procedure than a plastic surgeon's before-and-after photos.
- **Read patient reviews.** Feedback from individuals who have already been under a plastic surgeon's care can be invaluable to the research process.

Peruse online reviews from a multitude of third-party platforms, such as Facebook, Google, and Realself, to gain a comprehensive idea of a prospective surgeon's reputation.



Optimize your experience

In today's market, there are a variety of 'cheap' options when it comes to Plastic and Cosmetic Surgery procedures.

Although it may be tempting to go with a less expensive Surgeon for your surgery, choosing a highly qualified, experienced Plastic Surgeon who practices in the US should always be your highest priority.

So, what should I look for?

- A surgeon that is certified by the American Board of Plastic Surgery.
- A surgeon who operates in an accredited surgery center or hospital.
- Review before and after pictures on your surgeon's web site or social media Get recommendations from friends, family or your personal physician.
- Be sure you have a board certified anesthesiologist performing your anesthesia.

About Dr Joe Gryskiewicz



About Dr. Joe Gryskiewicz MD, FACS

For more than 30 years, Joe Gryskiewicz, MD, FACS (*pronounced Gris-KA-vitz*) has practiced medicine in the Twin Cities of Minneapolis and St. Paul. He is a Clinical Professor at the University of Minnesota Cleft Palate Clinics School of Dentistry and is the past Chief of Surgery at Fairview Southdale Hospital in the Minneapolis suburb of Edina.

Dr. Joe is certified by the American Board of Plastic Surgery and received a certificate of special training in cosmetic surgery from the American Society of Aesthetic Plastic Surgery (ASAPS). He has also been an official spokesperson for the American Society of Plastic Surgeons (ASPS).

In addition to being in private practice, Dr. Joe is a writer and international speaker. He has traveled the world delivering over 500 presentations to professional organizations on plastic surgery.

Experience & qualifications

- University of St. Thomas, Bachelor's Degree in Nursing
- University of Minnesota, Medical School
- University of Wisconsin, Fellowship
- Fellow American College of Surgeons (FACS)
- The American Board of Plastic Surgery
- American Society of Aesthetic Plastic Surgery (ASAPS)
- American Society of Plastic Surgeons (ASPS)
- International Society of Aesthetic Plastic Surgery (ISAPS)
- The Aesthetic Surgery Education and Research Foundation (*Past President*)
- The Rhinoplasty Society (*Past President*)
- Minnesota Society of Plastic Surgeons (*Past President*)

Areas of expertise

Although he has extensive training in all aspects of cosmetic and plastic surgery, Dr. Gryskiewicz's special medical interests are Breast Augmentation, Rhinoplasty, Facial Plastic Surgery, and Body Contouring.

Dr. Joe and his team have an intense passion for helping patients achieve a happier, more beautiful self, through advanced treatments. His expertise in plastic and reconstructive surgery has been showcased through years of exceptional patient results



Before and afters

Eyelid Surgery (Blepharoplasty)



Scan the QR code below to view more patient before and afters:



Your next steps...



Get in touch

Schedule a confidential consultation at Gryskiewicz Twin Cities Cosmetic Surgery by phone or submitting an inquiry via our website.



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Burnsville: 952-800-3518



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General Disclaimer: Results depend on individual patient circumstances and can vary significantly. Results may also be impacted by a variety of factors including your lifestyle, weight, nutritional intake and overall health. Consult your Specialist Plastic Surgeon for details. This information is general in nature and is not intended to be medical advice nor does it constitute a doctor-patient relationship. Surgery risks and complications will be covered in detail during a consultation with your Surgeon. Photography Disclaimer: Unless our photograph(s) or image(s) are marked with a copyright signal and Surgeon's name or Group Name, they are licensed stock photography, not patients.