

COSMETIC EYELID SURGERY

FOR A YOUTHFUL AND FRESH APPEARANCE



So beautiful eyes can shine again!

PLASTIC EYELID SURGERY

IMPORTANT PRELIMINARY INFORMATION

»*The eyes are the mirror of the soul*« in the words of a popular saying. And nothing promotes confidence more than a clear, open gaze. Over time the skin above and below the eyes stretches, and the muscles weaken: this leads to droopy eyelids, though genetic factors can also apply. Small wrinkles, known as crows' feet, can also appear. And excess orbital fat develops beneath the eyelids, causing bags under the eyes. This causes the face to appear tired and older more quickly.



Blepharoplasty is the surgical correction of these problems. The following pages provide an overview of eyelid operations and the various procedures. After comprehensive consultation and discussion of the results to be achieved, a further examination of the eyes is the next step, including photographic documentation. Dr Müller will propose an individual solution on the basis of her expert appraisal.

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THE UPPER EYELID

PROTECTS AND MOISTURISES THE EYE

The upper eyelid is the more active of the two; the muscles and the tear fluid ensure that the eye can be cleaned and moisturized by regular blinking, which also protects the eye. When the muscles and the tissue weaken and sag, droopy eyelids result; this can be treated by removing the excess skin. Visual field defects due to skin excess over the lid rim can be corrected, and the gaze becomes once again free, open and shining.

During this surgical procedure Dr Müller employs the innovative *radio high-frequency scalpel*; as a result the operation is particularly gentle on the tissue – even the finest bleeding is immediately sealed. The overall result is to make the procedure far less traumatic than with a usual scalpel. Finally an intracutaneous stitch is employed, using an extremely fine nylon thread which can be removed after between 7 and 10 days. As time goes by the scar becomes virtually invisible, since it runs along the natural fold in the eyelid.

Asian eyelid operation surgery is designed to create a double eyelid, a fold in the upper eyelid where, for example, make-up can be applied later.

THE LOWER EYELID

NO MORE BAGS AND DARK CIRCLES UNDER THE EYES

When the elasticity of the connecting tissue beneath the eye declines, fat and water build up; the eyes appear swollen and tired. Lack of sleep, stress, smoking and excess consumption of alcohol can also lead to premature ageing of the skin. Here too the innovative **radio high-frequency scalpel** is used for outstanding results. During what is known as *transconjunctival surgery* bulges of fat are removed from the inside of the eyelid by a fine incision, so that the skin can lie flat once again. The advantage of this approach is that it leaves no external incision visible.

In cases of pronounced excess of skin and fat, a fine incision is made immediately beneath the lower eyelid; this later vanishes completely under the eyelashes. In this way skin and fatty tissue can be removed efficiently. Thus bags and the resulting tired facial expression vanish. Here too the incision made using the *intracutaneous method*, and the extremely fine nylon thread can be removed after about 10 days.



IMPORTANT INFORMATION

FREQUENT QUESTIONS ABOUT EYELID SURGERY

How expensive is the procedure?

The fee for the removal of bags or treatment of droopy upper eyelids is calculated according to the Official Scale of Medical Fees, taking into account the extent of the procedure that has been agreed. You will be informed of the precise cost after the preliminary examination.

Are the costs covered by the obligatory health insurance schemes?

Surgery for the removal of bags under the eyes is fundamentally of a cosmetic nature, as are operations for droopy eyelids in the vast majority of cases: consequently these procedures are not covered by obligatory health insurance schemes. Private insurance will only cover these costs if the droopy upper eyelids are so pronounced, and the individual's vision so impaired, that driving would be dangerous.

Before surgery

After careful consultation about the desired results you will undergo a detailed examination of the eyes, including photographic documentation. 10 days before surgery you should stop taking any medication such as aspirin which could promote bleeding. Naturally you must

continue taking any essential medication. On the day of the surgery a light breakfast can be consumed.

The treatment

When the area for surgery has been carefully marked out you will be given a local anesthetic under the eyelid; if required, an additional sedative can be provided. The excess skin is removed using the gentle, innovative radio high-frequency scalpel. The advantage of this method is that even fine blood vessels are closed, avoiding excess bleeding. On the upper eyelid a thread the width of a hair is used to stitch the skin. As a rule the skin on the eyelids heals rapidly, and soon no visible scars will remain. The procedure takes about 45 minutes for the upper eyelids, while for upper and lower eyelids surgery lasts about two hours.

Please bear in mind that you will be bandaged after the operation and will not be able to drive a car or other vehicle.

After surgery

After the surgery it is advisable to rest for between 10 and 12 days and avoid appearing in public if possible, since slight swelling may appear. When resting it is preferable to keep your head raised. Some people experience slight aches during the first day or two. By consistently cooling the eyes, for example with an ice bag over the bandages, possible swelling can be avoided.

However, should any complications arise you can reach us at any time on our emergency number. On the day after the operation you will come to see us for a checkup. As a rule five days later the swelling will have subsided. Stitches can be removed after about 10 days. After approximately three weeks very little swelling or redness will be visible. A few days later it will be possible to apply a little make-up.

However, you should avoid swimming, the sauna and sports of any kind for the first two weeks after the operation. It is possible that the final results can only be evaluated after several months, even though a clear improvement will be apparent after a short period. Adhering conscientiously to medical advice will promote successful healing.

Possible dryness of the eyes can be treated with tear substitutes. On rare occasions slight sensitivity, itching, swelling, infection of the area and temporary numbness may appear, as may a minor impairment in the eyelid raising function. As a rule the temporary lower position of the eyelid corrects itself. However, if there should be any lasting difficulty with the eyelid function, this can be corrected in a second surgical treatment (naturally free of charge).





VALESKA MÜLLER M.D.

SPECIALIST IN OCULOPLASTIC SURGERY

After studying medicine at the Free University of Berlin, graduating, being awarded a license to practice medicine and gaining recognition as a specialist in ophthalmology, Dr Valeska Müller took over the ophthalmology practice in Joachimsthaler Strasse in 2006.

Alongside wide-ranging clinical internships (including stays in Australia, Chile, the USA and Mexico), she gained considerable experience as an assistant doctor at the University Eye Clinic of the Berlin Charité Hospital and as a partner in a private surgical eye clinic at Spreebogen, Berlin.

Dr Müller is also active in medical research: she was head of a clinical study entitled *The Application of Photodynamic Therapy for Neovascularization Glaucoma*, she has performed pioneering work in the research and development of new laser procedures for various forms of glaucoma (the results have been published in book form), and at present she is scientific consultant and initiator of a research project on the *Prevention of Se-*

condary Cataract Development using Photodynamic Therapy in collaboration with the Cell Biological Laboratory of the Rupprechts Karl University in Heidelberg.

Due to her many years at the Charité hospital as well as the private clinic in Berlin she has gained extensive experience, particularly in the area cosmetic/plastic surgery. Surgery for the treatment of Blepharoplasty is performed here in her own operating theatre. She can look back on over 20 years' experience in eyelid surgery.

Dr Müller has been awarded the **Seal of Ophthalmological Approval** by the Association of German Ophthalmology Surgeons (BDOC), and she is also certified as an **Oculoplastic Surgeon** by the European College of Aesthetic Medicine & Surgery (ECAMS). In January 2019 she held an international course on eyelid surgery in the premises of her own medical practice.

Dr Müller lives with her family in the south-west of Berlin.



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