



*Cosmetic Eyelid
Surgery*
**Patient
Guide**



LOOK GREAT

The eyes are one of the first facial features to reveal telltale signs of aging. Typically, after the age of forty, the skin loses strength and elasticity as the quantity and functionality of its collagen and elastin fibers diminishes. These natural effects of aging, combined with prolonged gravitational force, causes eyelid skin to sag. Severe eyelid sagging is linked to blocked vision and strain headaches.

Drooping eyelids occur more often in male, fair-skinned and overweight individuals. Research suggests that there may also be a genetic component to the condition. Lifestyle risk factors include obesity, smoking and sun exposure.

Cosmetic eyelid surgery, or blepharoplasty, is an eyelid operation designed to maintain the eyelid's appearance. Eyelid surgery can correct sagging, and remove excess skin from the upper eyelids.

The result is a **brighter, more alert, and rested appearance.**

Dr. M. Ronan Conlon, Medical Director of the Conlon Eye Institute, is a recognized oculoplastic surgeon, specializing in blepharoplasty. In the early nineteen-nineties, he completed an oculoplastic fellowship at the University of Iowa. He completed a further fellowship at Harvard University, specializing in eyelid cancers and tumors. Establishing his clinic in 1994, he has conducted over twenty-thousand surgeries. Offering innovative procedures, he helps patients take a direct approach to their age-related eye care needs.

“Individuals want the freedom of choice regarding their eye care and I have developed my practice around offering services that enhance one’s own lifestyle from a visual perspective. Everybody wants to see clearly.” – Dr. M. Ronan Conlon

BEFORE AND AFTER

Eyelid blepharoplasty can make a remarkable difference in the appearance of your face, alleviating the appearance of tiredness and old age. Your eyes appear fresher and more youthful and these results may last for many years. The degree of improvement varies form patient to patient.

BEFORE



AFTER



BILATERAL UPPER EYELID BLEPHAROPLASTY.

BEFORE



AFTER



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WHAT IS AN EYELID TUCK (BLEPHAROPLASTY)?

An eyelid tuck or blepharoplasty is a procedure that removes excesses of skin/soft tissues from the upper and/or lower eyelids, ultimately tightening the frame of the eye, creating a more youthful appearance.

HOW IS EYELID BLEPHAROPLASTY PERFORMED?

The surgery is performed under local anesthesia. Because of differing facial anatomy each operation is customized to suit the individual. But generally, the incision is made in the natural skin fold. Excess skin is removed and a conservative amount of orbicularis muscle is removed. Although it is traditionally advocated to remove the eyelid fat, in many cases the fat can be repositioned and contoured as opposed to completely removed. This modern approach leaves the eyelids looking youthful and avoids a hollowed look.



WHO IS A CANDIDATE FOR BLEPHAROPLASTY?

Cosmetic eyelid surgery can provide solutions for:

- Sagging and/or heavy upper eyelids
- Fat pockets in the lower eyelids
- Restoring a youthful appearance

Determine if you are a candidate for blepharoplasty by booking a consultation with Dr. Conlon today.

WHAT SHOULD I EXPECT FROM THE CONSULTATION?

The consultation is used to review the procedure process and discuss any risks/limitations to empower you to make an informed decision regarding the surgery. It is important to establish realistic expectations for your results. Dr. Conlon will review your medical history and conduct an eye examination. If pertinent, your eyesight and tear ducts will also be checked.



HOW LONG IS THE SURGERY?

Generally, the procedure takes between thirty to sixty minutes, depending on the degree of work needed.

DOES IT HURT?

Local anesthetic will be applied to the eye area. During the procedure, you may feel a tight sensation around the eye.

WHAT IS THE RECOVERY PERIOD LIKE?

You may feel mild discomfort for a few days, which you can alleviate with a pain reliever. Swelling/bruising varies per individual case, with bruising healing in seven to ten days post-surgery. Other recovery symptoms include:

- Red/bumpy incision
- Blurred vision
- Light sensitivity
- Excess tearing or dryness
- Tired eyes

Tips to promote a healthy recovery include:

- Avoid makeup application until one week post-surgery.
- Do not wear contact lenses for a week post-surgery.
- Wear dark sunglasses for eye protection for the first few weeks.

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WHAT KIND OF RESULTS CAN I EXPECT?

It is important to maintain realistic surgical expectations. It usually takes a few months to experience the final surgical results. A mild degree of asymmetry between the eyelids is expected. Eighty-percent improvement in the upper eyelid appearance is a standard result.

HOW MUCH DOES IT COST?

Cosmetic procedures are rarely covered by insurance. During the consultation, the staff will address questions related to anticipated costs and payment options.

WHAT ARE THE RISKS?

It is important to follow the advice of Dr. Conlon to minimize risk, although blepharoplasty complications are rare. As with any surgery, there is always a risk of infection or anesthesia reaction. Please discuss the presence of any of the following conditions with Dr. Conlon as these pre-existing conditions may put you at-risk:

- Thyroid problems
- Insufficient tear production
- High blood pressure
- Circulatory disorders
- Diabetes

Temporary complications that may occur include:

- Excessive tearing
- Decreased eyelid sensation
- Dryness
- Burning/stinging
- Gritty sensation in the eyes

These complications are typically relieved with eye drops.



ABOUT THE CONLON EYE INSTITUTE

The Conlon Eye Institute is a state-of-the-art medical and surgical ophthalmological facility located within the Medical Arts Building in Saskatoon. Founded by Dr. M. Ronan Conlon, the Conlon Eye Institute specializes in refractive laser surgery, premium cataract surgery, Refractive Lens Exchange and eyelid surgery.

The Conlon Eye Institute is equipped with cutting edge diagnostic and therapeutic equipment. These include optical coherence tomography, Visante Omni OCT, corneal microscopy, Humphrey Visual Field Analyzer, digital fundus photography, IOL Master biometry, corneal topography, selective laser trabeculoplasty, wide-field scanning laser ophthalmoscopy and fluorescein angiography. The facility is fully accredited by the College of Physicians and Surgeons of Saskatchewan, and is the only non-hospital based facility dedicated to eye care in Saskatchewan.

DR. M. RONAN CONLON



Dr. M. Ronan Conlon has been practicing ophthalmology in Saskatoon since 1994. He specializes in refractive laser surgery (LASIK and PRK), refractive lens exchange (RLE), premium laser cataract surgery, cosmetic eyelid surgery and eyelid reconstruction. Recognized as an innovative leader in his field, Dr. Conlon was the first surgeon in Saskatchewan to perform both LASIK Laser Flap (Intralase) Creation and Laser Cataract Surgery. With sub-specialty training in oculoplastic surgery, he is also an expert in cosmetic and reconstructive eyelid surgery.

Dr. Conlon completed his residency training in ophthalmology at the University of Western Ontario in 1991. Dr. Conlon has completed 3 years of fellowship training in ophthalmology; one year at Harvard University (1991-1992) and two years at the University of Iowa Hospital and Clinics (1992-1994). Dr. Conlon first began performing PRK and LASIK surgery in 1995, and was one of the founding refractive surgeons at Horizon Laser Vision Center.

BOOK YOUR CONSULTATION TODAY

Making the decision to undergo eyelid surgery is not to be taken lightly. Like any medical procedure, you want to be sure the team entrusted to your care is experienced, compassionate and committed. As a patient of the Conlon Eye Institute, that's exactly what you can expect - regardless of what procedure you choose.

To determine whether you are a candidate for eyelid surgery, book an appointment with the Conlon Eye Institute. Dr. Conlon will recommend a customized treatment plan to meet your specific visual needs.

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LOOK GREAT. SEE GREAT.
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