
Evaluation and Management of Age-Related Eyelid Problems

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Disclosure Statement

- Speaker, Craig Lewis, M.D. has a financial interest/agreement or affiliation with Lansing Ophthalmology where he is a shareholder and employed as an oculoplastic specialist.
- I have no financial interest in any of the products discussed.
- Off-label use: I will discuss off-label use of botulinum toxin products.

Oculoplastic Specialist

- What is oculoplastics?
 - Specialized field of ophthalmology:
 - **Eyelids**
 - **Tear drain**
 - **Orbit**
 - Medical problems
 - Cosmetic concerns



ASOPRS

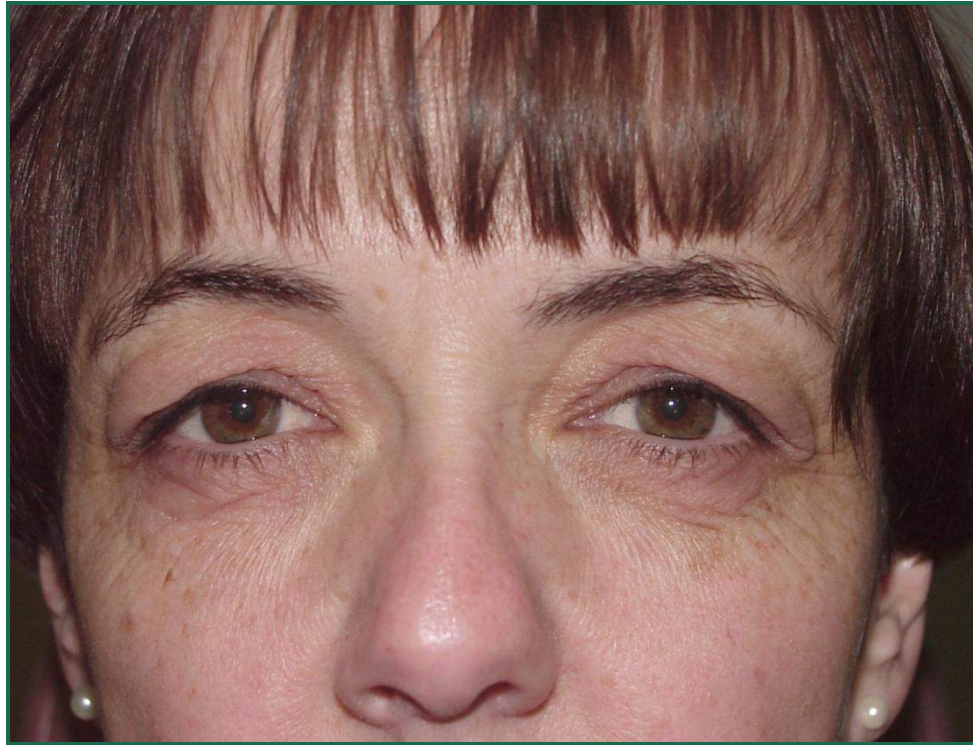
Age-Related Eyelid Problems

Age-Related Eyelid Problems

- Droopy upper eyelids
 - Extra eyelid skin
 - Ptotic upper eyelid
 - Droopy eyebrow
- Droopy (loose) lower eyelids
 - Inward turning (entropion)
 - Outward turning (ectropion)
 - Floppy eyelid syndrome
- Eyelid surgery basics
- Q & A

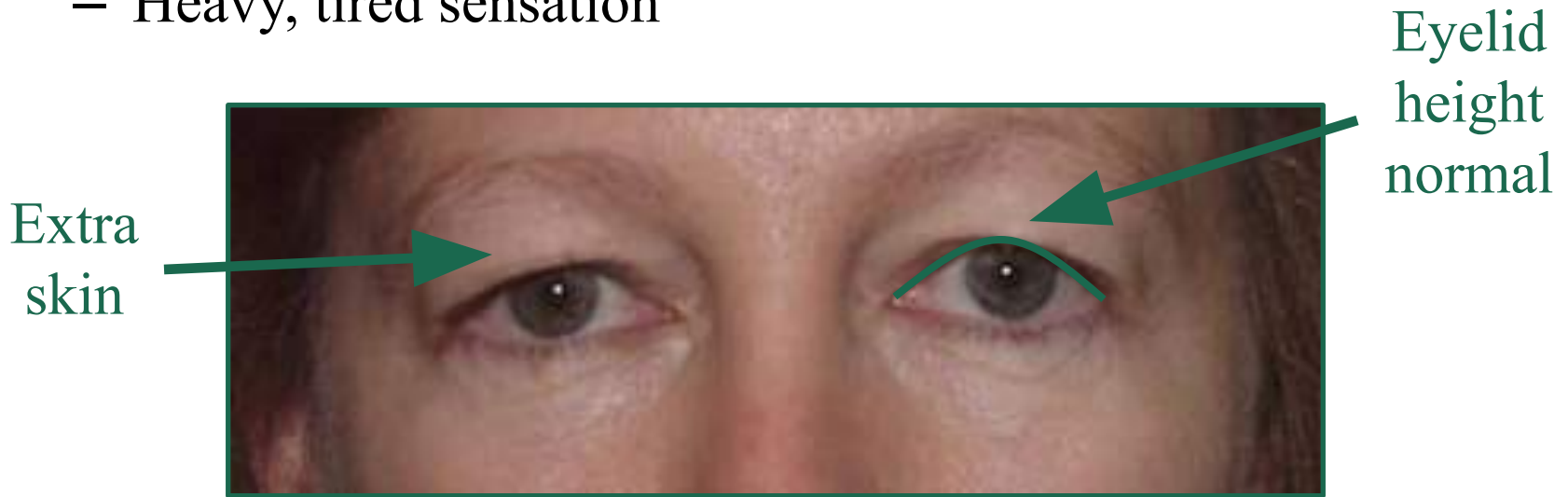


Upper Eyelid Changes



Droopy upper eyelids

- Extra upper eyelid skin: Dermatochalasis
 - Blocks vision
 - Heavy, tired sensation



Droopy upper eyelids

- Extra upper eyelid skin: Dermatochalasis
 - Problem: Extra skin hangs over eyelid
 - Cause: Time + gravity + movement of eyelids
 - Treatment: Blepharoplasty surgery



Droopy upper eyelids

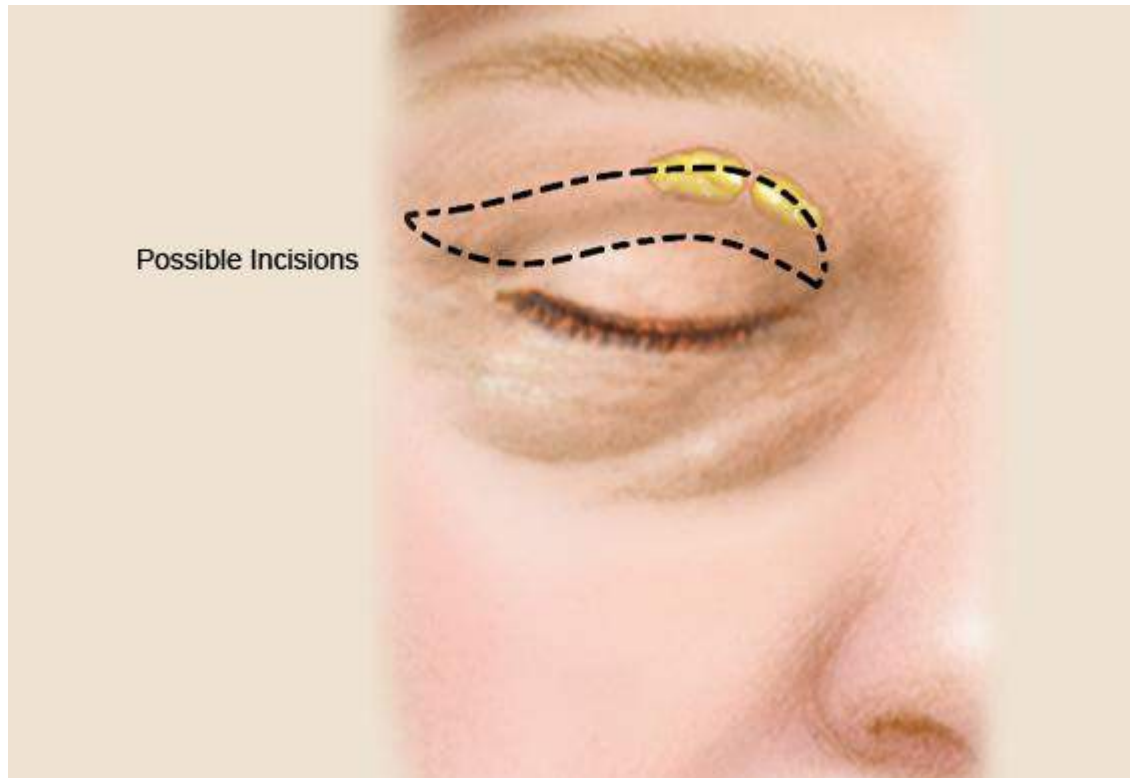
- Blepharoplasty surgery
 - Treats extra skin hanging over eyelid
 - Removes redundant skin and extra fatty tissues



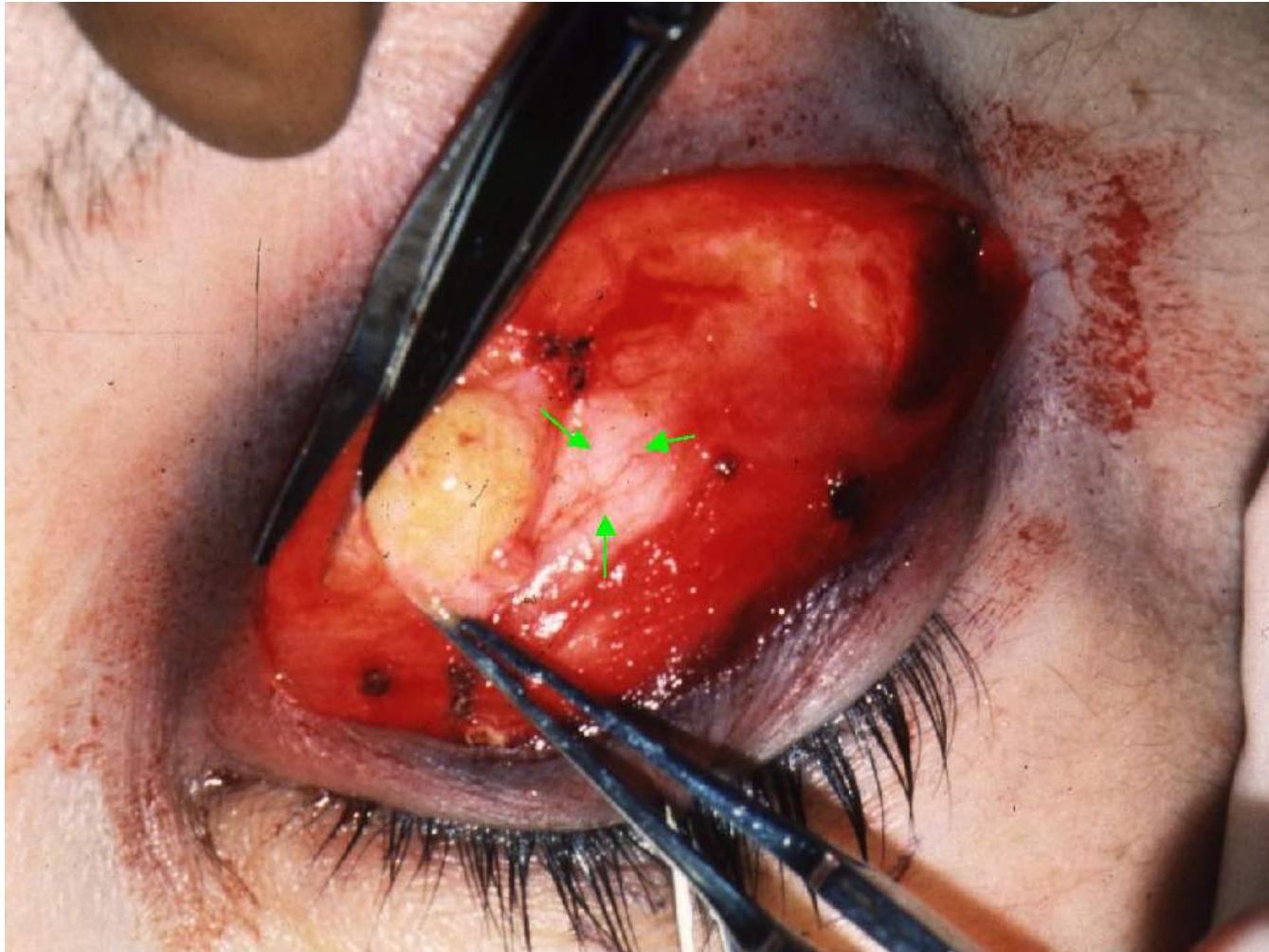
Blepharoplasty

- Steps:
 - Mark skin
 - Remove flap of skin and orbicularis muscle
 - Open orbital septum to remove fat if needed
 - Close skin

Blepharoplasty



Blepharoplasty



Potential Benefits of Surgery

- Side vision improved
- Reading vision better (more light)
- Less strain by not lifting brow
- Rested appearance

Possible Complications

- Hemorrhage
- Lagophthalmos
- Retraction
- Under-correction
- Over-correction
- Ptosis
- Web
- Crease



Blepharoplasty



Before



After

Blepharoplasty



Before



After

Upper Eyelid Ptosis

Drooping of eyelid due to weakness of the lifting muscle.



Excess skin

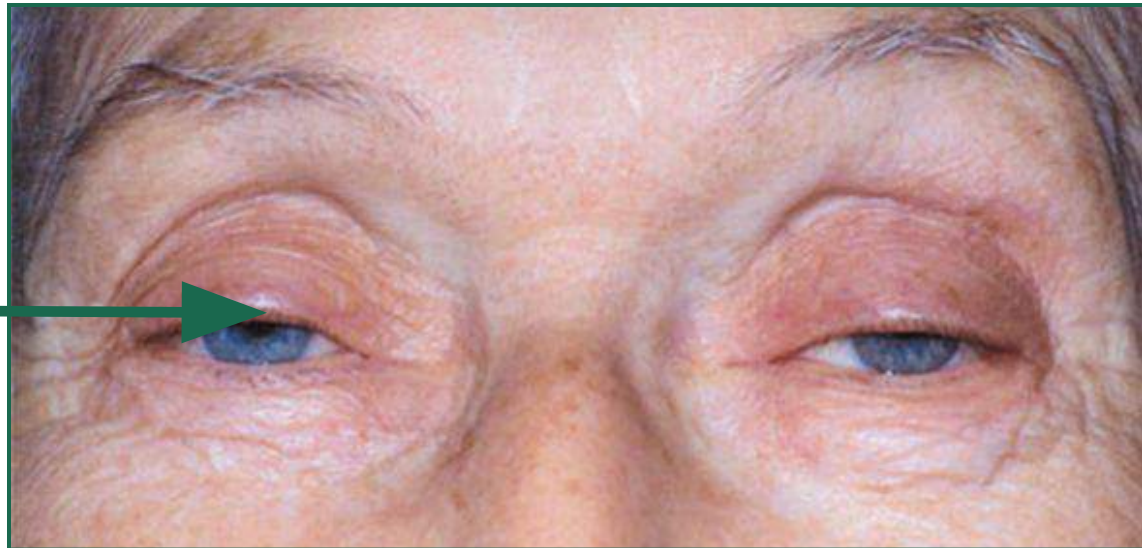


Weak lifting muscle

Upper Eyelid Ptosis

- Ptotic upper eyelids
 - Blocks vision
 - Tired sensation, often worse in evening
 - Brow aches

Eyelid not
open
enough

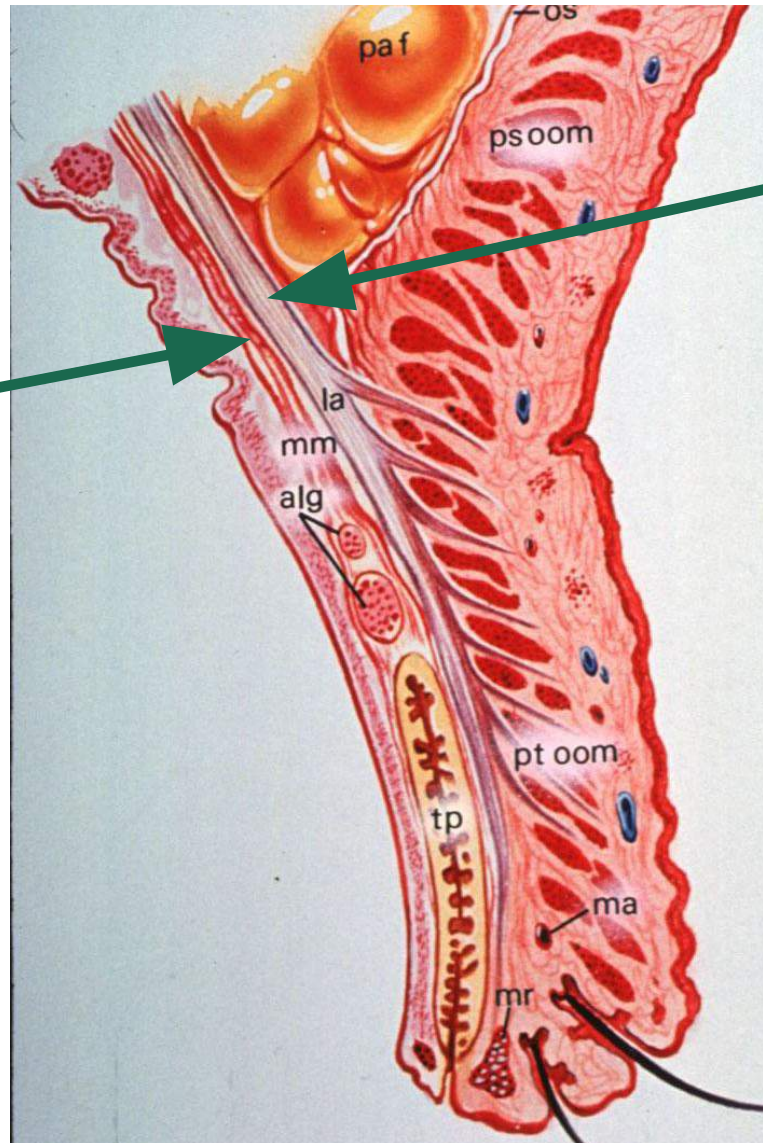


Upper Eyelid Ptosis

- Droopy upper eyelids
 - Problem: Eyelid does not open far enough to see well
 - Cause:
 - Most common: gradual stretch or dehiscence of levator palpebrae superioris or Muller's muscle
 - Other causes, some serious



Muller's
muscle



Levator
palpebrae
superioris

Upper Eyelid Ptosis

- Potential serious causes:
 - Muscle disorders
 - Myasthenia Gravis, Lambert-Eaton Syndrome
 - Nerve disorders
 - Multiple sclerosis, compression from mass (lung cancer)
 - Blood vessels problems
 - Aneurysm (CNIII palsy), Diabetes
 - Orbital disease
 - Orbital mass, Graves Eye Disease

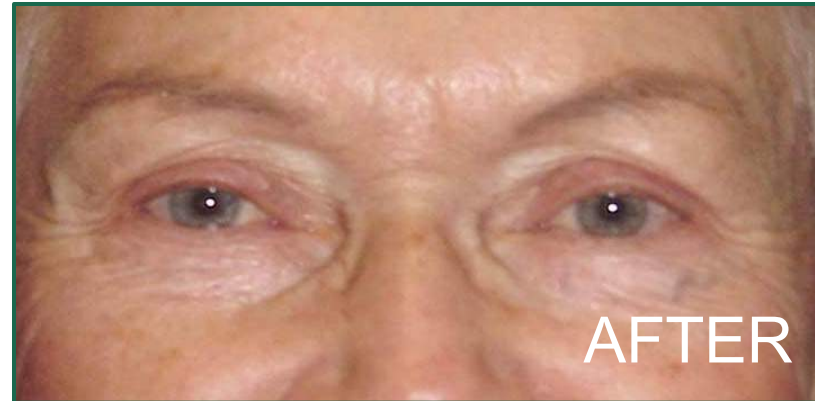
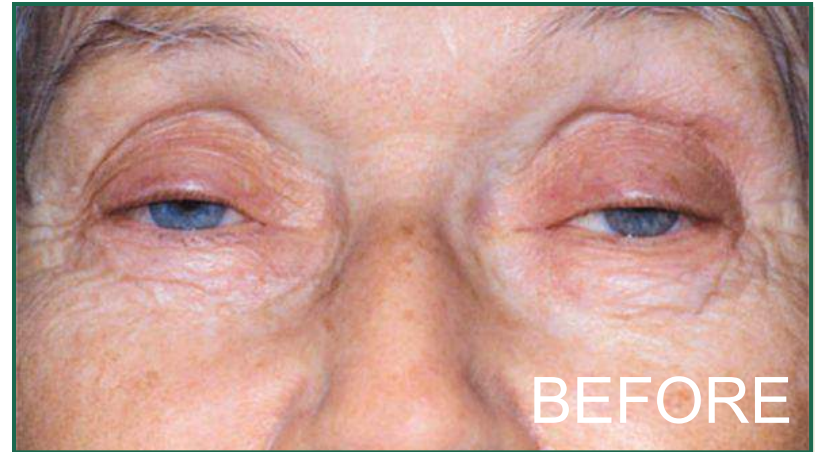
Upper Eyelid Ptosis

- Potential serious causes:
 - Warning signs:
 - Droopy lid + double vision
 - Droopy lid + pain/headache
 - Suddenly droopy lid



Upper Eyelid Ptosis

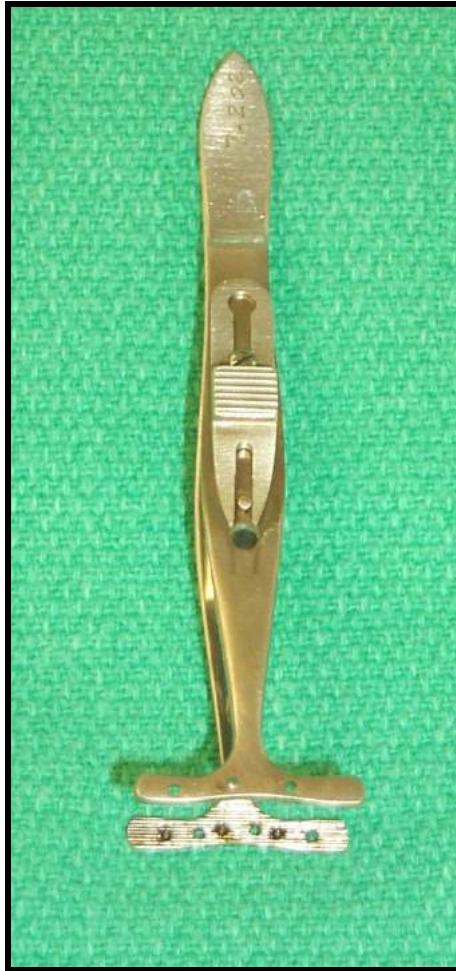
- Ptotic upper eyelids
 - Most common cause: stretching levator muscle
 - Treatment: Eyelid ptosis repair surgery
- Eyelid ptosis repair surgery
 - May be done from under the eyelid or through the skin



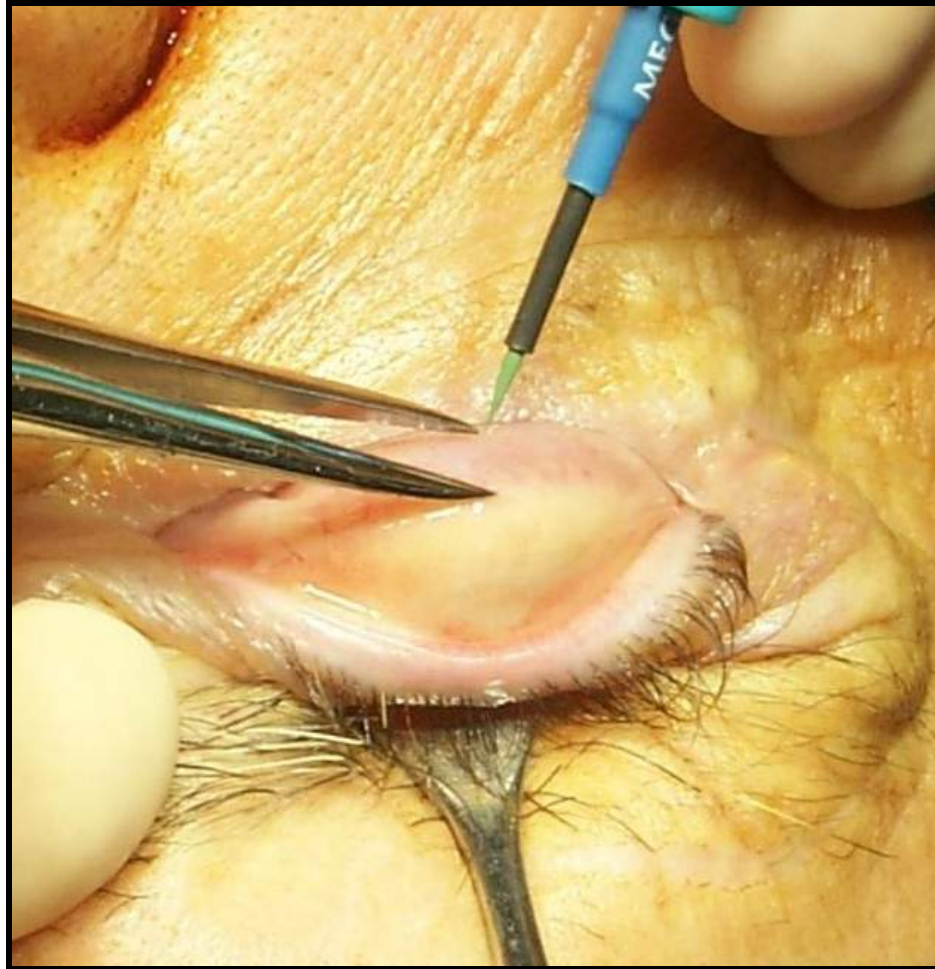
Blepharoptosis surgery

- Internal approach: CML
 - Conjunctivo-mullerectomy-levator resection
 - All from inside, no skin incision
 - Advantages: natural contour, no skin scar, more predictable
- External approach: ELR
 - External levator resection
 - From outside through bleph-type incision
 - More powerful for very droopy eyelids

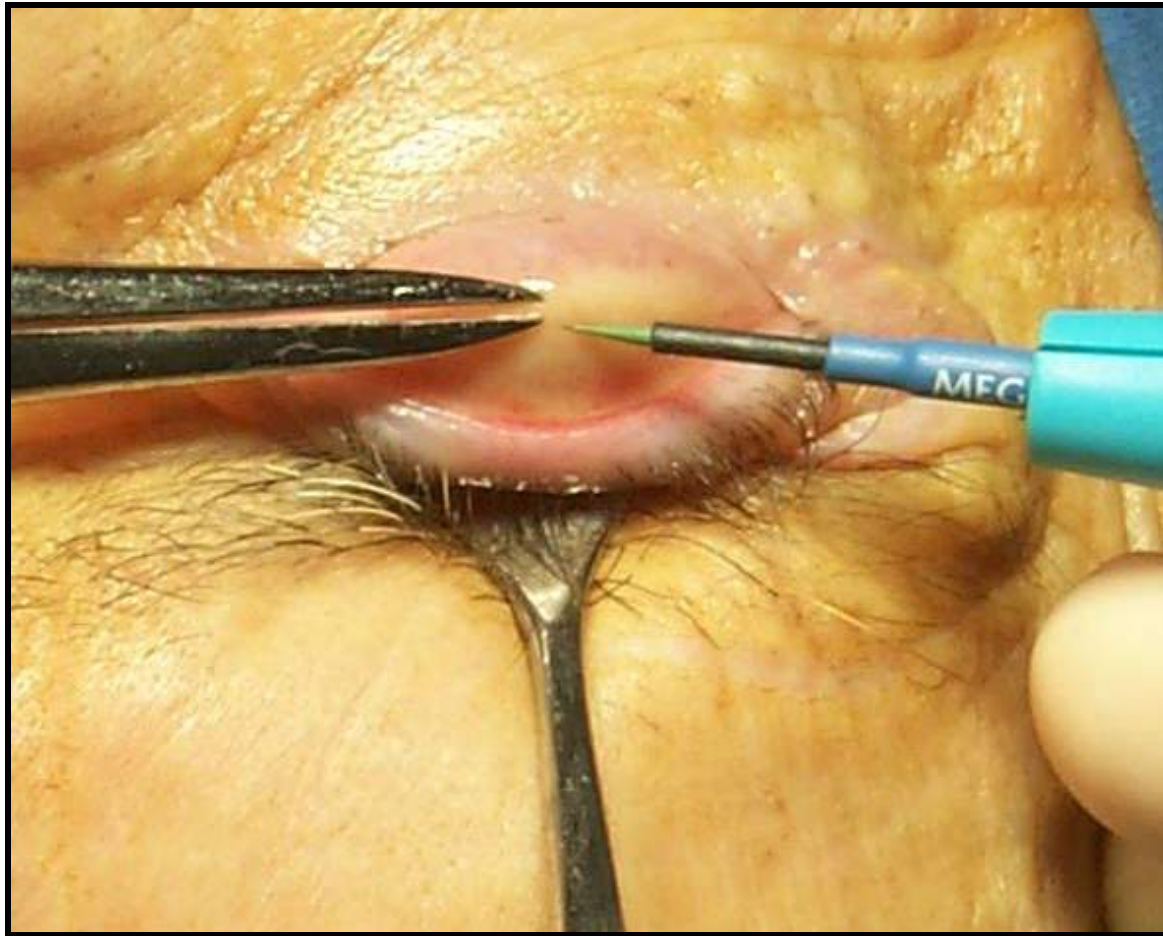
Blepharoptosis surgery: CML



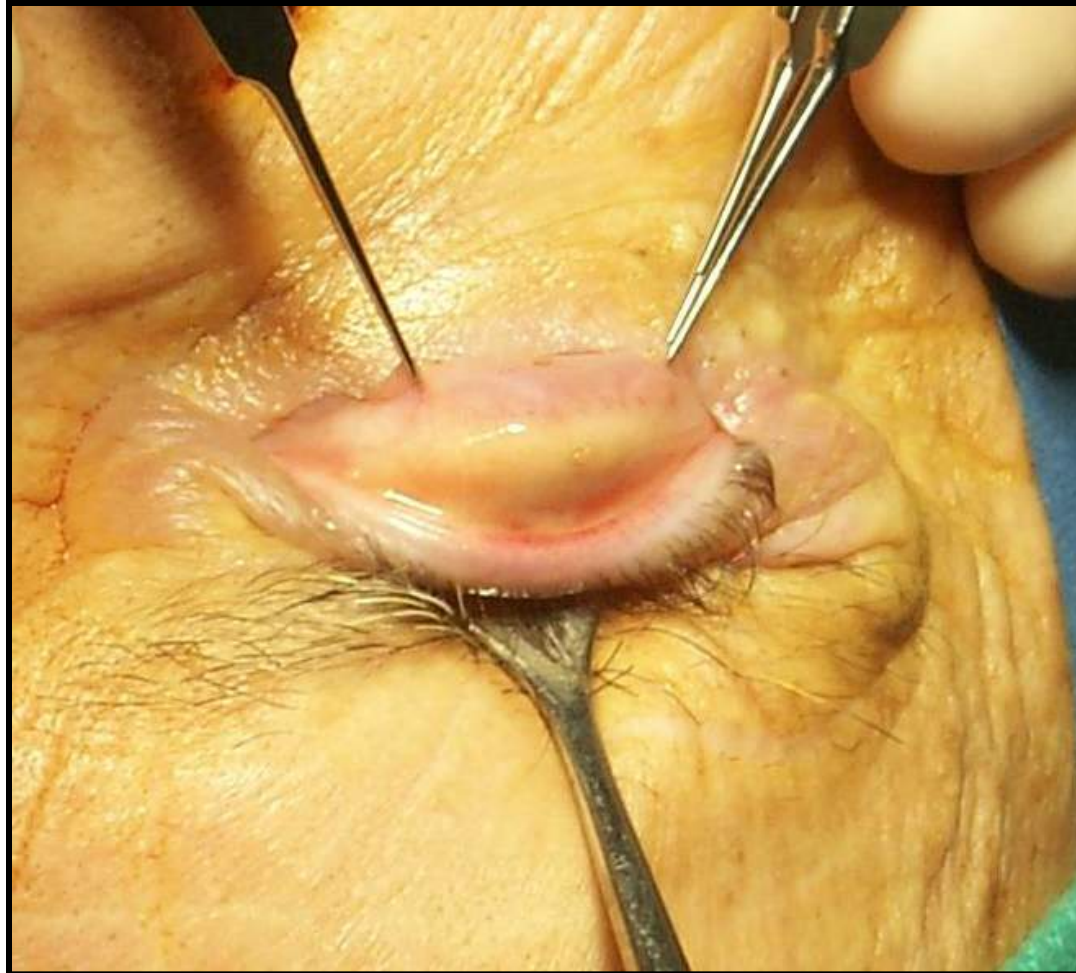
Blepharoptosis surgery: CML



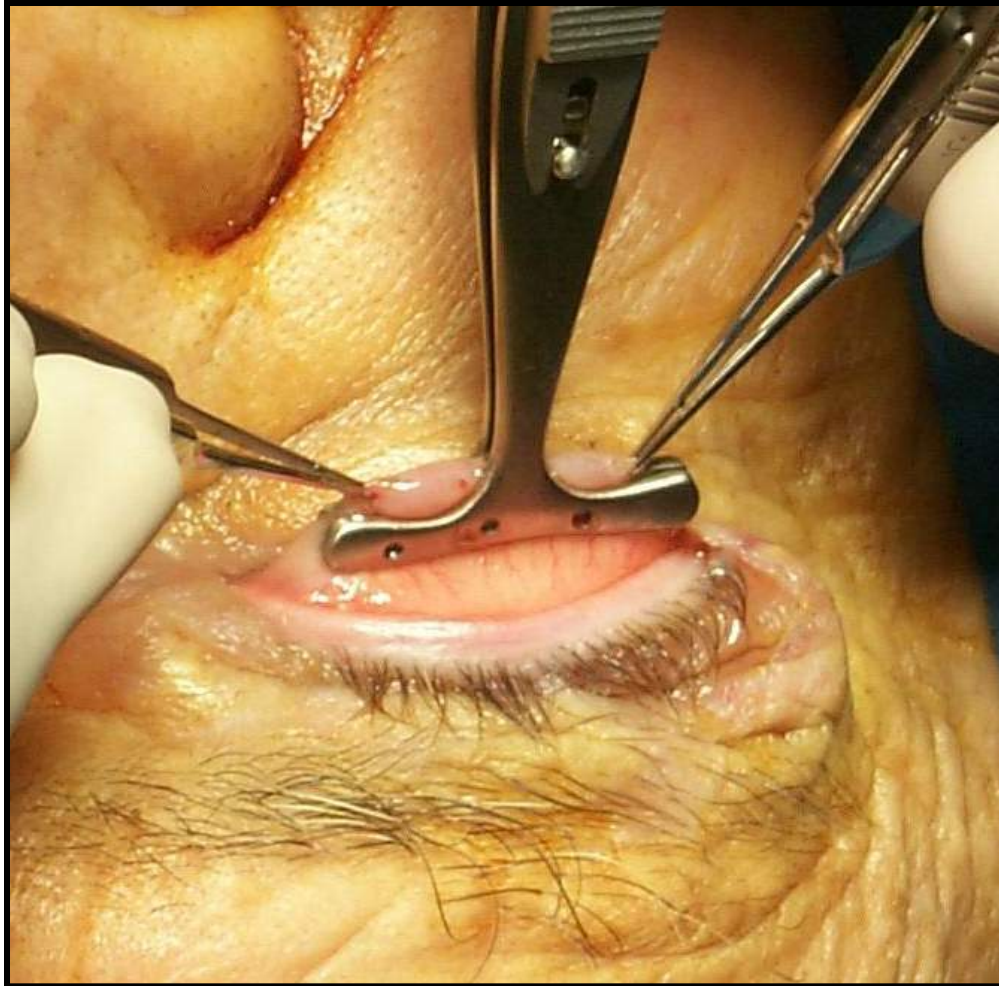
Blepharoptosis surgery: CML



Blepharoptosis surgery: CML



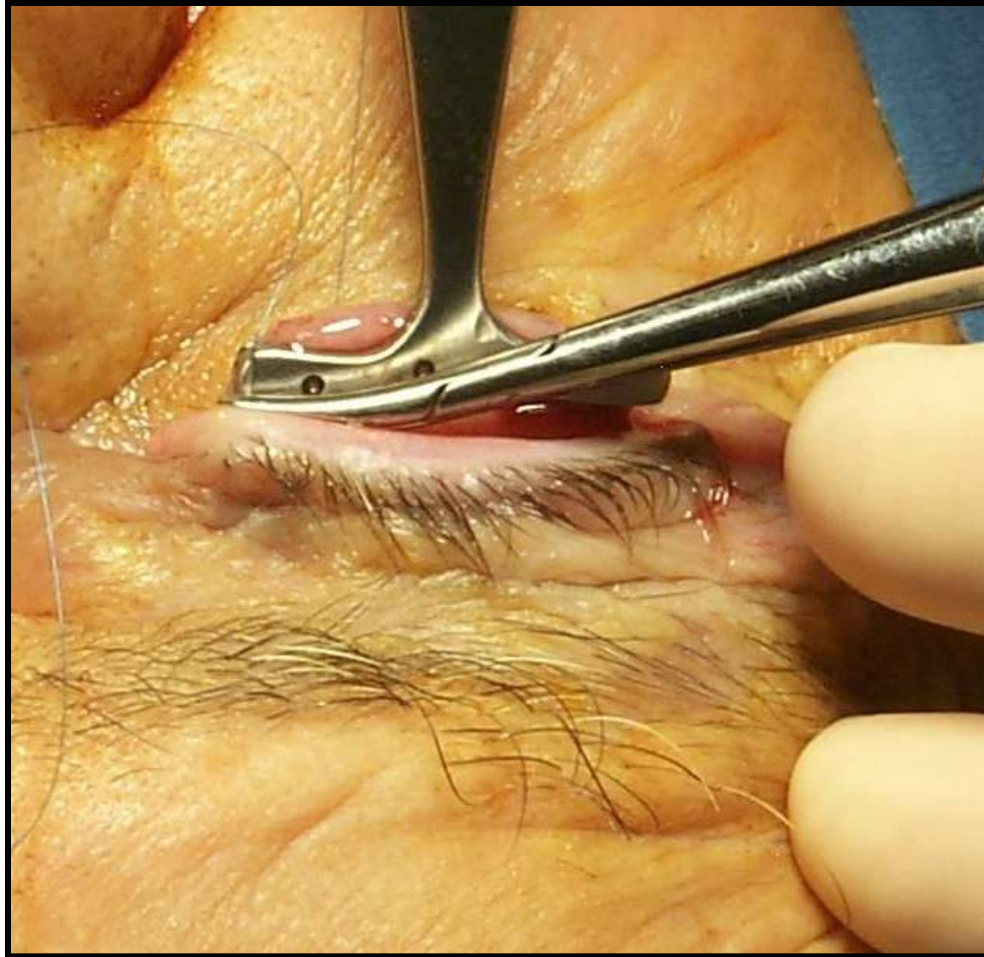
Blepharoptosis surgery: CML



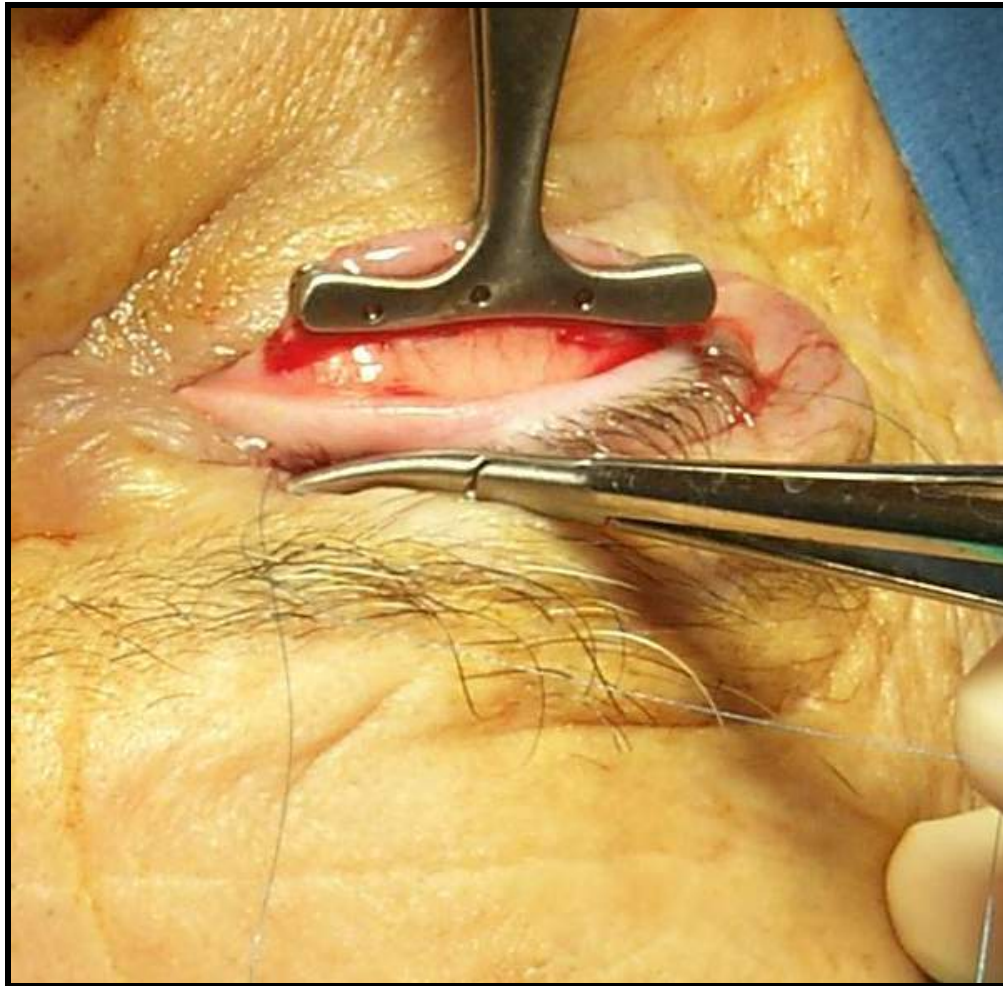
Blepharoptosis surgery: CML



Blepharoptosis surgery: CML



Blepharoptosis surgery: CML



Blepharoptosis surgery: CML



Blepharoptosis surgery: CML



Ptosis repair: ELR



Before

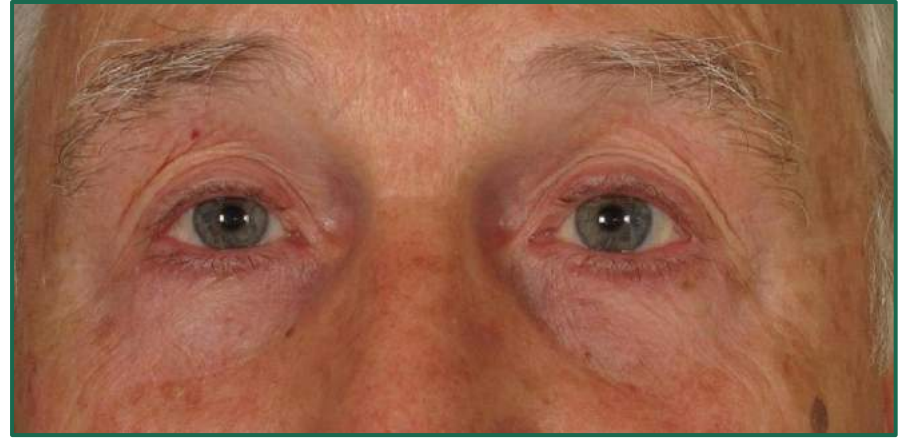


After

Ptosis repair: CML



Before

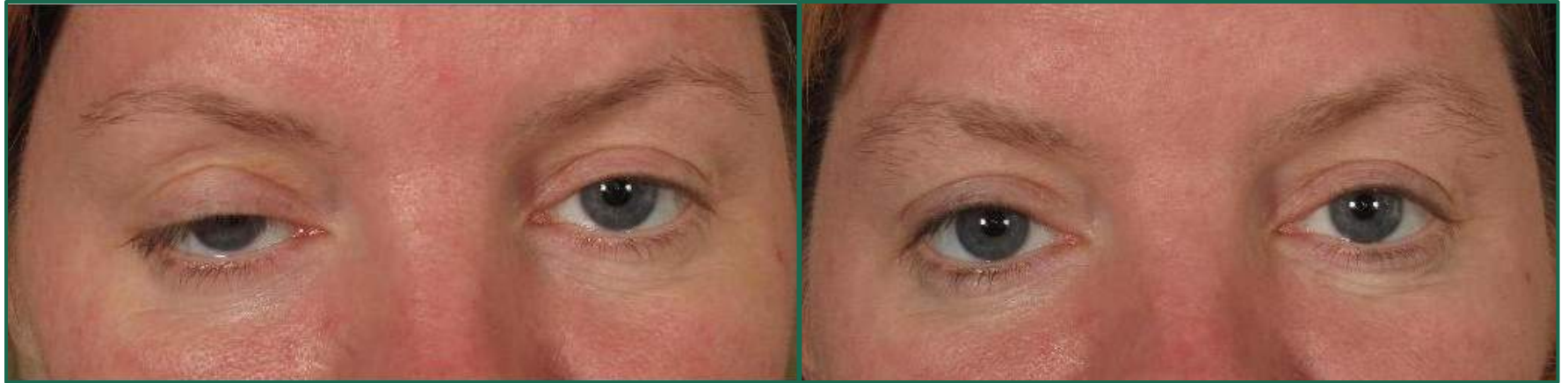


After

Ptosis repair: CML



Ptosis repair: CML



Before

After

Ptosis surgery: Complications

- Bleeding
- Retrobulbar hemorrhage: rare after CML
 - Orbital septum not violated
- Lagophthalmos
- Retraction
- Under-correction: most common complication
- Over-correction: rare

Congenital Ptosis

- Causes:
 - Poor development of levator muscle
 - Horner's syndrome
 - Many others
- Problems:
 - Amblyopia
 - Abnormal head position



Congenital Ptosis

- Challenges:
 - Poor levator muscle function cannot be directly improved
 - Lagophthalmos may worsen after ptosis repair
 - Cosmetic concerns



Eyebrow Position

- Determine normal for each individual
- Maintain facial expression
- Proportional to face



Eyebrow ptosis

- Droopy eyebrow skin
 - Blocks vision, especially to the side
 - Heavy sensation



Eyebrow ptosis

- Droopy eyebrow skin
 - Problem: Extra tissue from eyebrow hangs over eyelid
 - Cause: Time + gravity
 - Treatment:
 - Eyebrow ptosis repair surgery
 - BOTOX® brow lift



BOTOX®

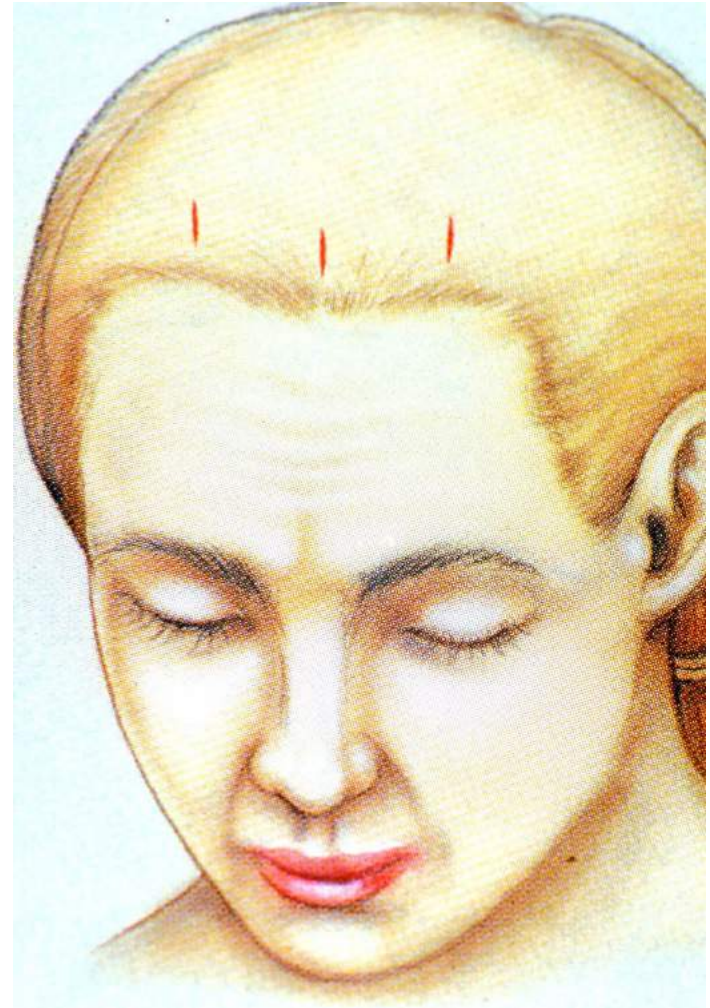
- BOTOX®
 - Purified **BO**tulinum **TOX**in
 - Temporarily weakens muscles
 - 3 month effect per treatment
 - Indicated for wrinkles between brows (glabellar area)
 - Black-box warning 2009
 - Other similar drugs:
 - Dysport®, Myobloc®, Xeomin®



BOTOX®
—Cosmetic
Botulinum Toxin Type A

Eyebrow Surgery

- Above eyebrow
- Above hairline
- Hairline
- Forehead Crease
- Internal (through eyelid surgery opening)



Eyebrow Surgery



Before



After



Brow Surgery



Before



After

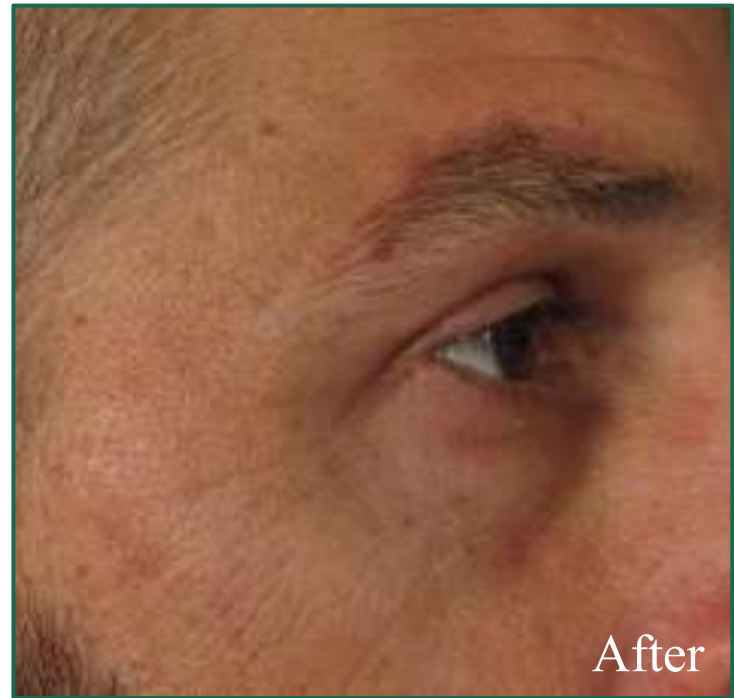


After

Eyebrow and Upper Lid Surgery



Eyebrow and Upper Lid Surgery



Eyebrow and Upper Lid Surgery



Eyebrow and Upper Lid Surgery



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Droopy Lower Eyelids

- Eyelid entropion
 - Lower eyelid that rolls in
 - Problem: Irritation as lashes rub against eye
 - Cause: Loose eyelid with spasm of orbicularis oculi muscle
 - Treatment:
 - Usually surgery
 - BOTOX® (FDA approved)



Eyelid Problems

- Eyelid ectropion
 - Lower eyelid that turns out
 - Problem: Irritation or tearing as eyelid doesn't protect eye
 - Causes:
 - Usually loose eyelid (time and gravity)
 - Mechanical (ex: tumor)
 - Cicatricial (ex: dermatitis, post-surgical)
 - Treatment: Drops or ointment, often surgery



Cicatricial Ectropion



Lower eyelid blepharoplasty complication

Cheeklift



Loose
lower
eyelids

Cheeklift and Upper Eyelid Blepharoplasty



Before



1 month after

Cheeklift and Upper Eyelid Blepharoplasty



Before



1 year after

Eyelid Problems

- Floppy eyelid syndrome
 - Chronic eye irritation due to extremely loose eyelids
 - Often worse on ‘downhill’ side
 - Eyelid turns over while sleeping
 - Strong association with obstructive sleep apnea
 - Treatment: Shield eyes at night, surgical eyelid tightening, identify and treat OSA



FAQs and Eyelid Surgery Basics

FAQs

- Will insurance cover surgery costs?
- Where is surgery performed?
- What type of sedation is used?
- How long does surgery take?
- How long is recovery?

FAQs

- Does insurance cover eyelid surgery?
 - Lower eyelid malpositions: Yes
 - Upper eyelid/eyebrow surgery: Maybe...
 - Must meet criteria
 - Varies by insurance carrier

FAQs

- Medically necessary upper eyelid surgery criteria:
 1. Causes problem with comfort or vision
 - Blocks vision, heavy, tired feeling
 - No good: Hard to put on make-up, looks bad in mirror
 2. Blocks vision by visual field test
 3. Photos: Eyelid skin drapes over eyelashes OR eyelid crosses near pupil

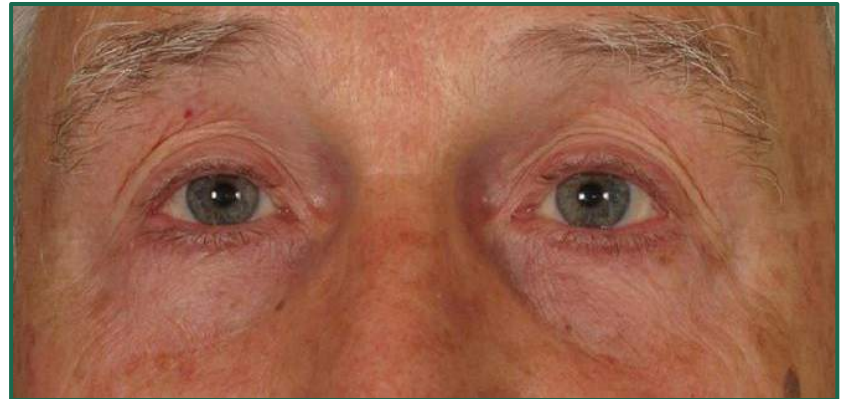
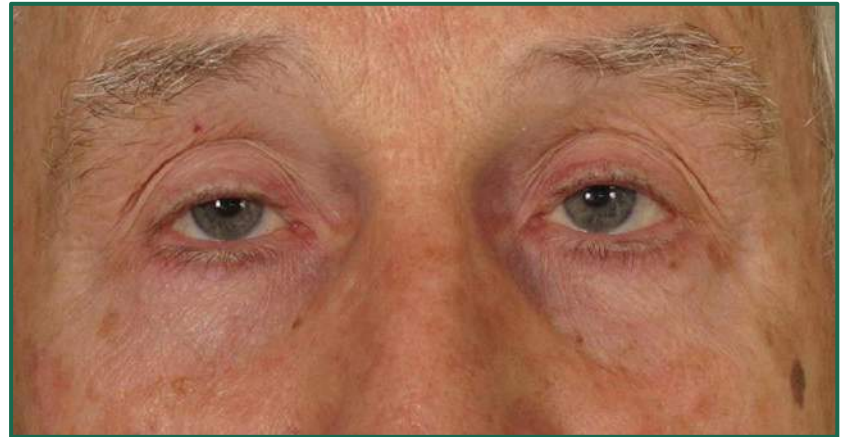
Eyelid Surgery Basics

- Out-patient surgery at surgical center or hospital
- Monitored anesthesia care most common
- ~1/2 hour per eyelid surgical time



Eyelid Surgery Basics

- Comfort/recovery
 - Most patients have some discomfort/pain for a few days after surgery
 - Usually patients feel fine within 2-4 days after surgery
 - Bruising/swelling universal



Eyelid Surgery Basics

- Scars
 - Any skin incision will leave a scar
 - Eyelid skin is thin & scars are usually minimal
- Follow-up
 - 1 week post-op
 - Remove any stitches
 - 6-8 weeks follow-up visit

Eyelid Surgery Basics

- Down time
 - Plan for **two week recovery**
 - Vision may be blurry for several days
 - Swelling/bruising for 1-3 weeks
 - During recovery: read, watch TV, listen to music, chat on phone all OK



Eyelid & Eyebrow Surgery

Early Recovery

- Inactivity for 2 to 3 days
- Ice packs for 2 days
- Ointment to suture line
- Can usually drive in 2-3 days
- Avoid strenuous activity for 2 weeks

Eyelid & Eyebrow Surgery

Late Recovery

- “Tight” sensation in eyelid area
- Incision line blends after 3-5 months
- Some swelling in upper & lower lid area

Questions and Answers

Thank you!