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# Droopy Eyelids: Problems and Treatments

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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.

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# Oculoplastic Specialist

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



ASOPRS

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# Droopy Eyelids

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# Droopy Eyelids

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



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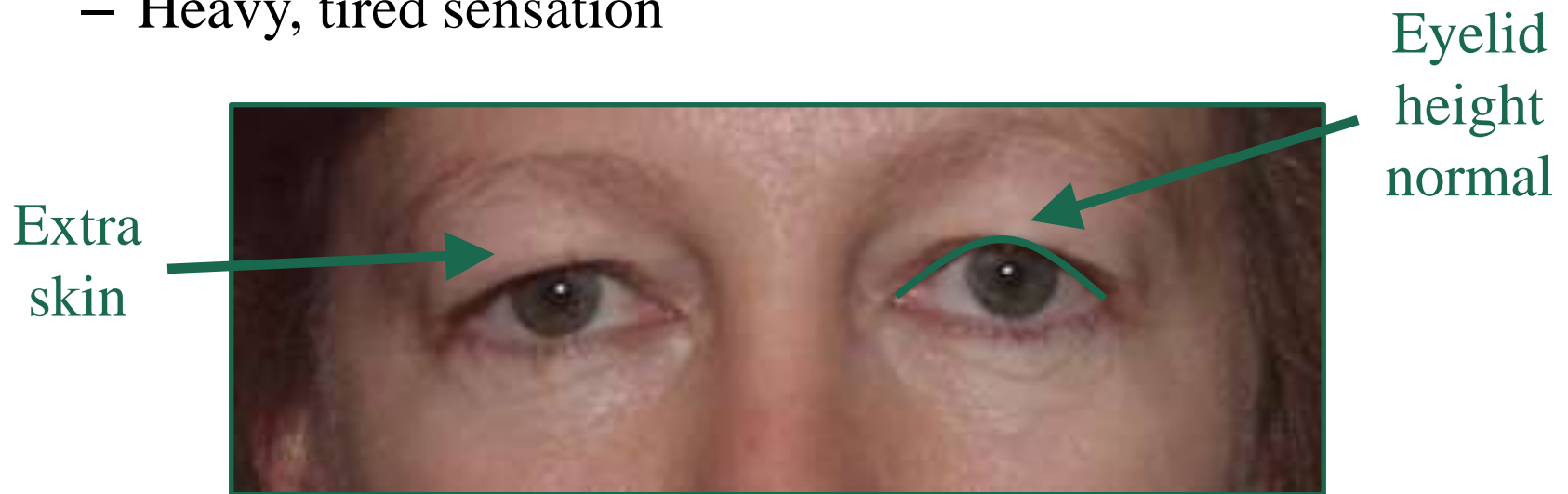
# Upper Eyelid Changes



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# Eyelid Problems

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



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# Eyelid Problems

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





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# Eyelid Problems

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



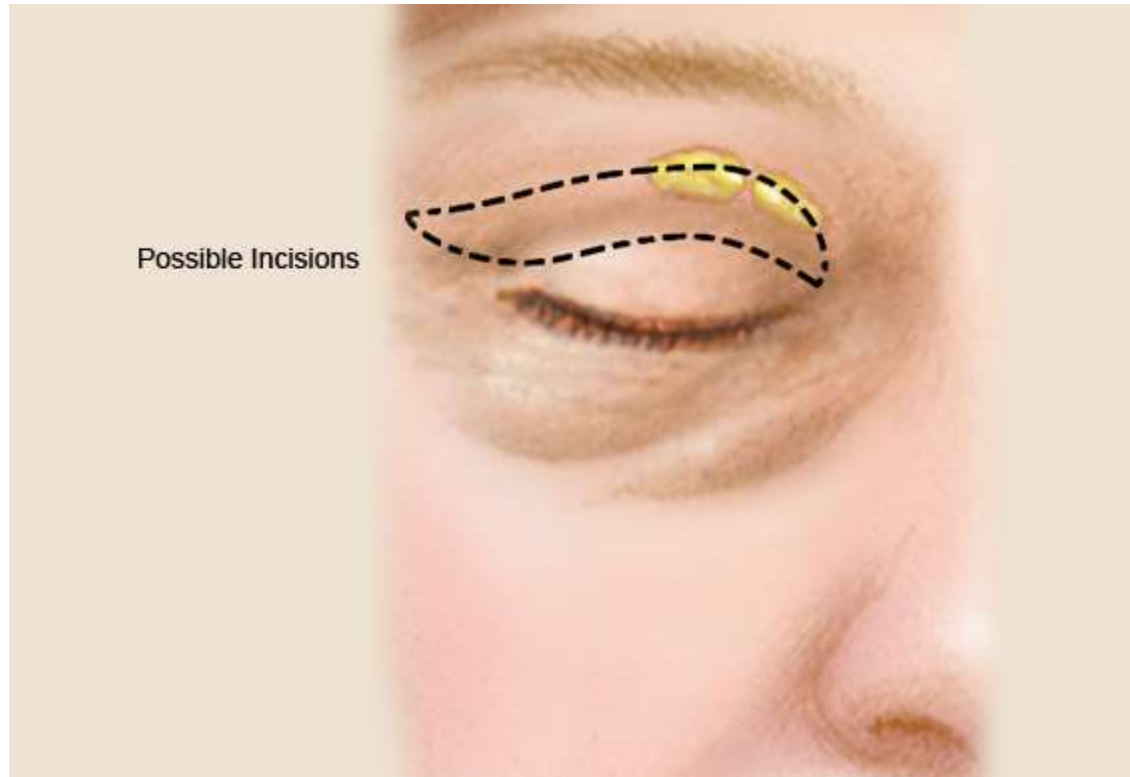
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# Blepharoplasty

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

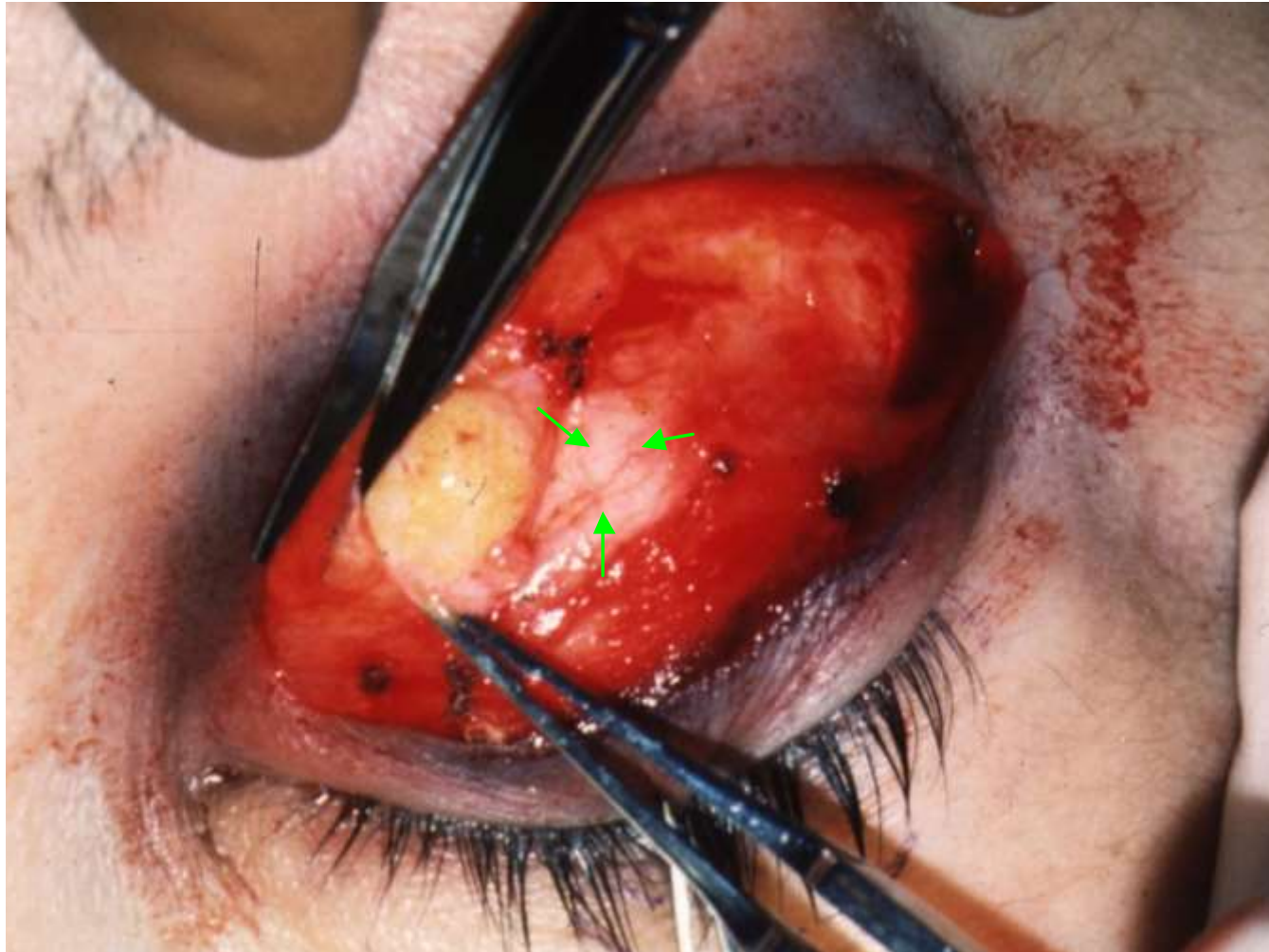
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# Blepharoplasty



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# Blepharoplasty



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# Potential Benefits of Surgery

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

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# Possible Complications

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



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# Blepharoplasty



Before



After

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# Blepharoplasty



Before



After



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# Ptosis

Drooping of eyelid due to weakness of the lifting muscle.



Excess skin



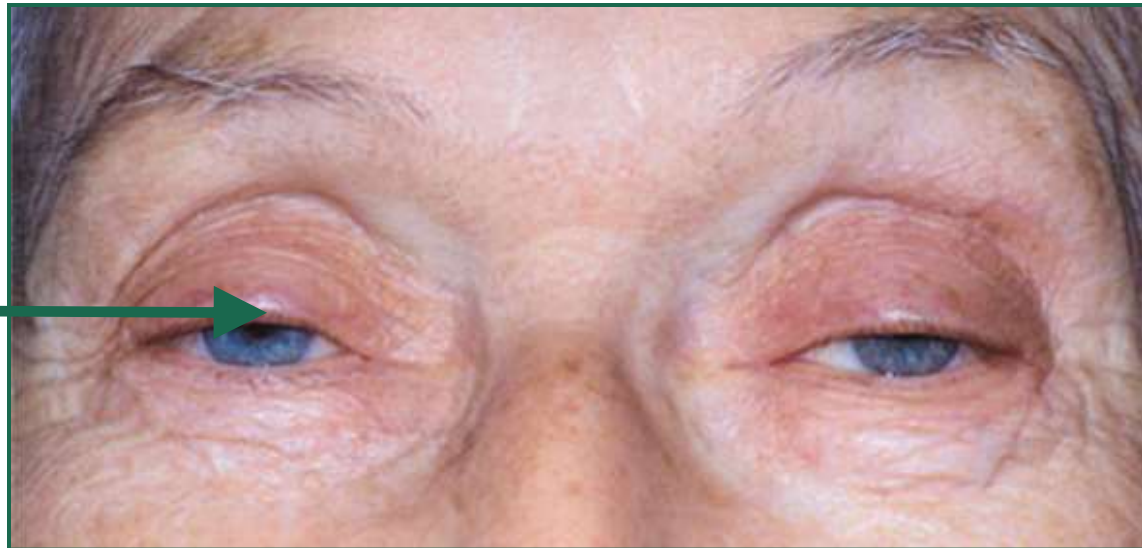
Weak lifting muscle

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# Eyelid Problems

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

Eyelid not  
open  
enough

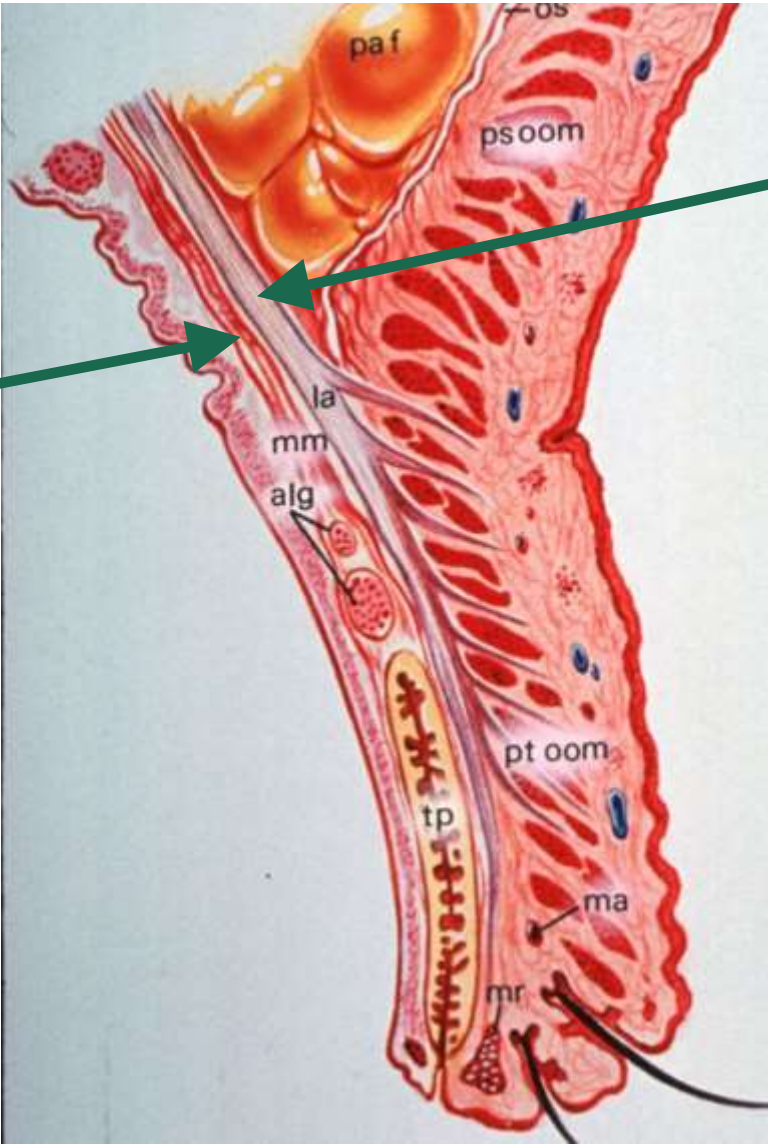


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# Eyelid Ptosis

- 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





Levator  
palpebrae  
superioris

Muller's  
muscle

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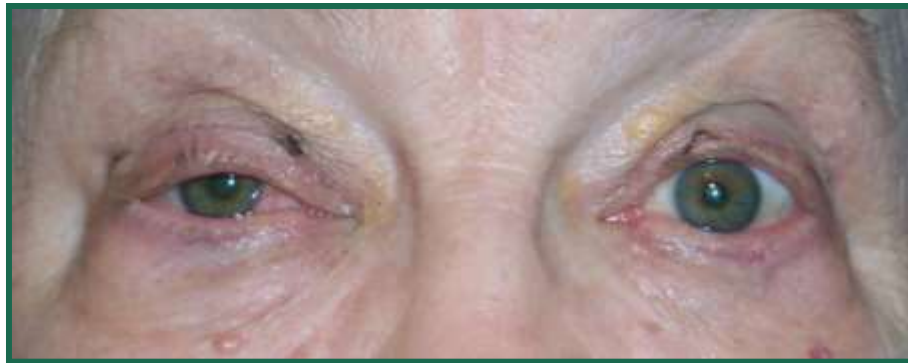
# Eyelid Ptosis

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

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# Eyelid Ptosis

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



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# Eyelid Problems

- 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



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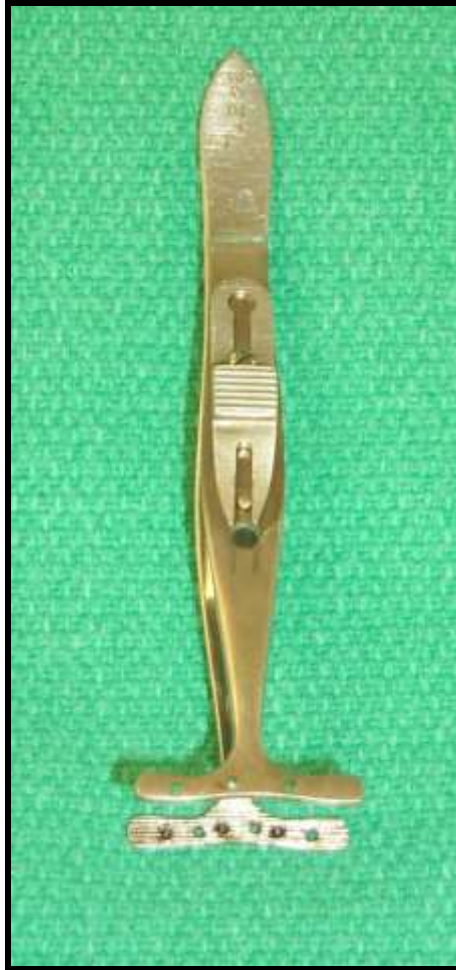
# Blepharoptosis surgery

- 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



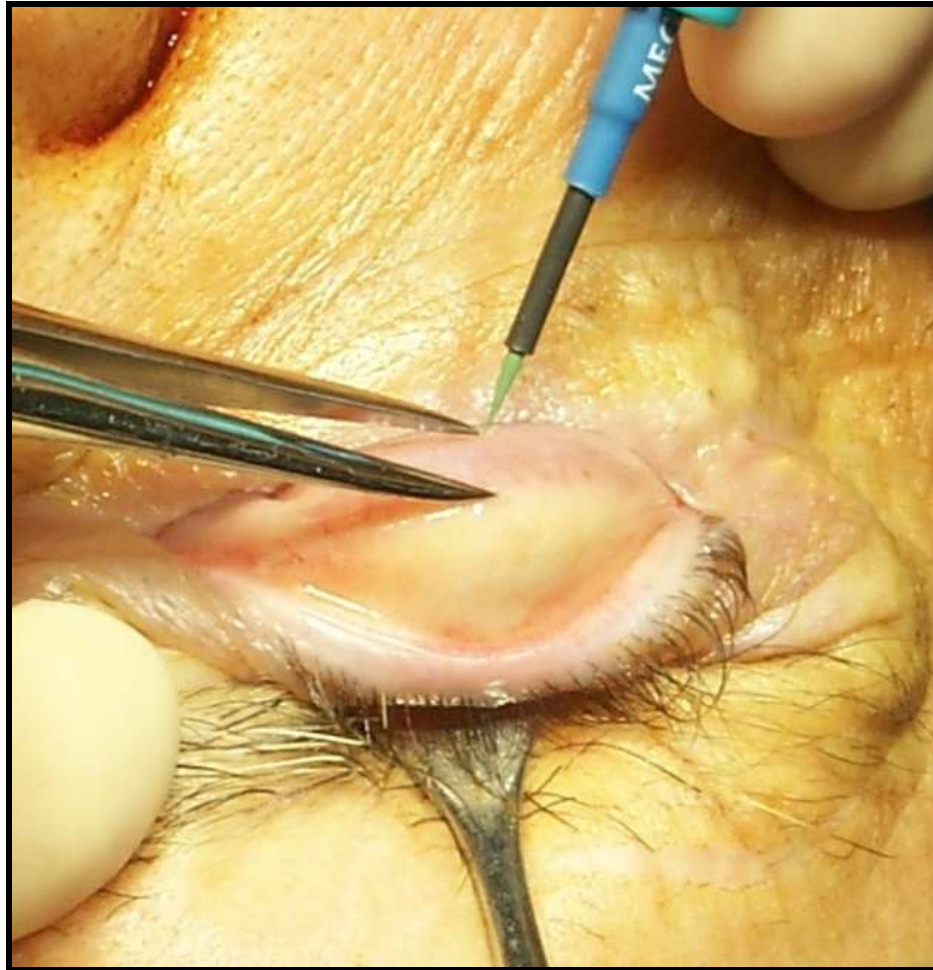
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# Blepharoptosis surgery: CML



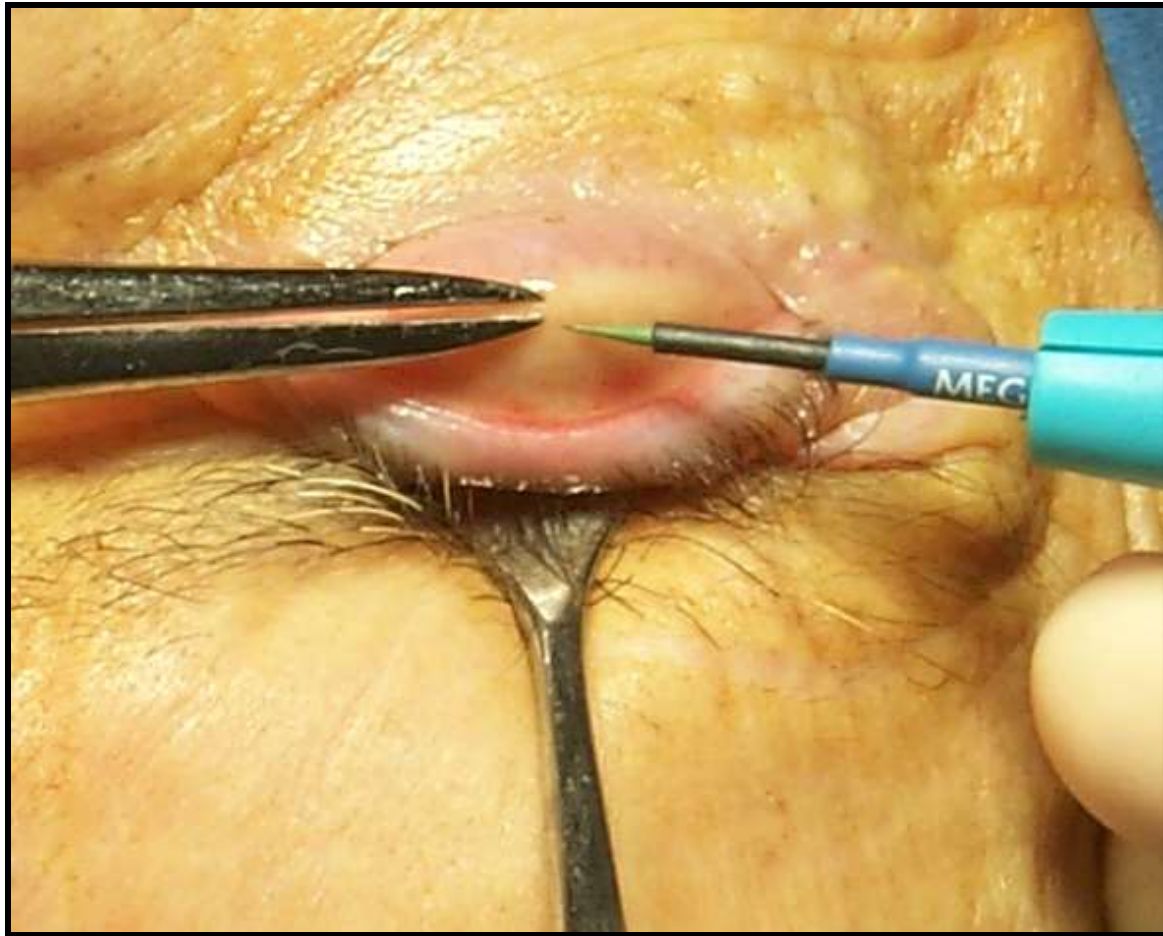
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# Blepharoptosis surgery: CML



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# Blepharoptosis surgery: CML



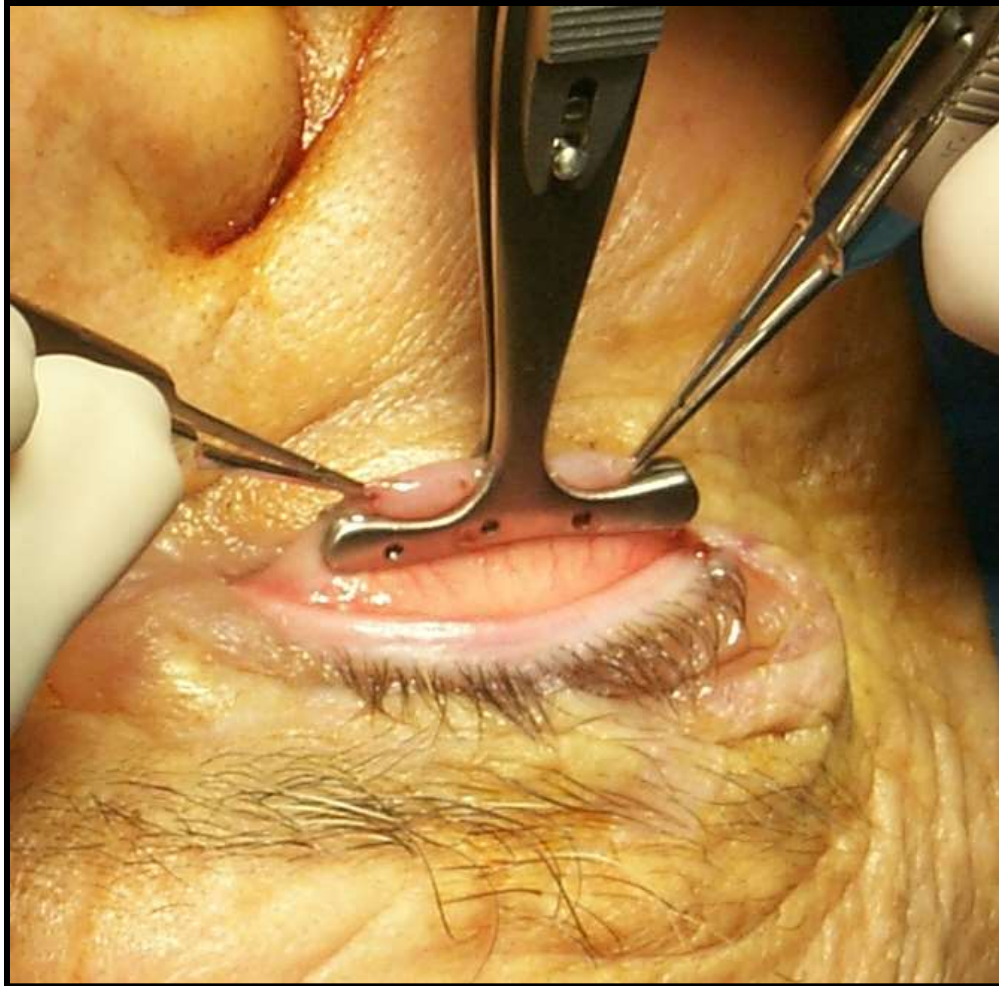
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# Blepharoptosis surgery: CML



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# Blepharoptosis surgery: CML



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# Blepharoptosis surgery: CML



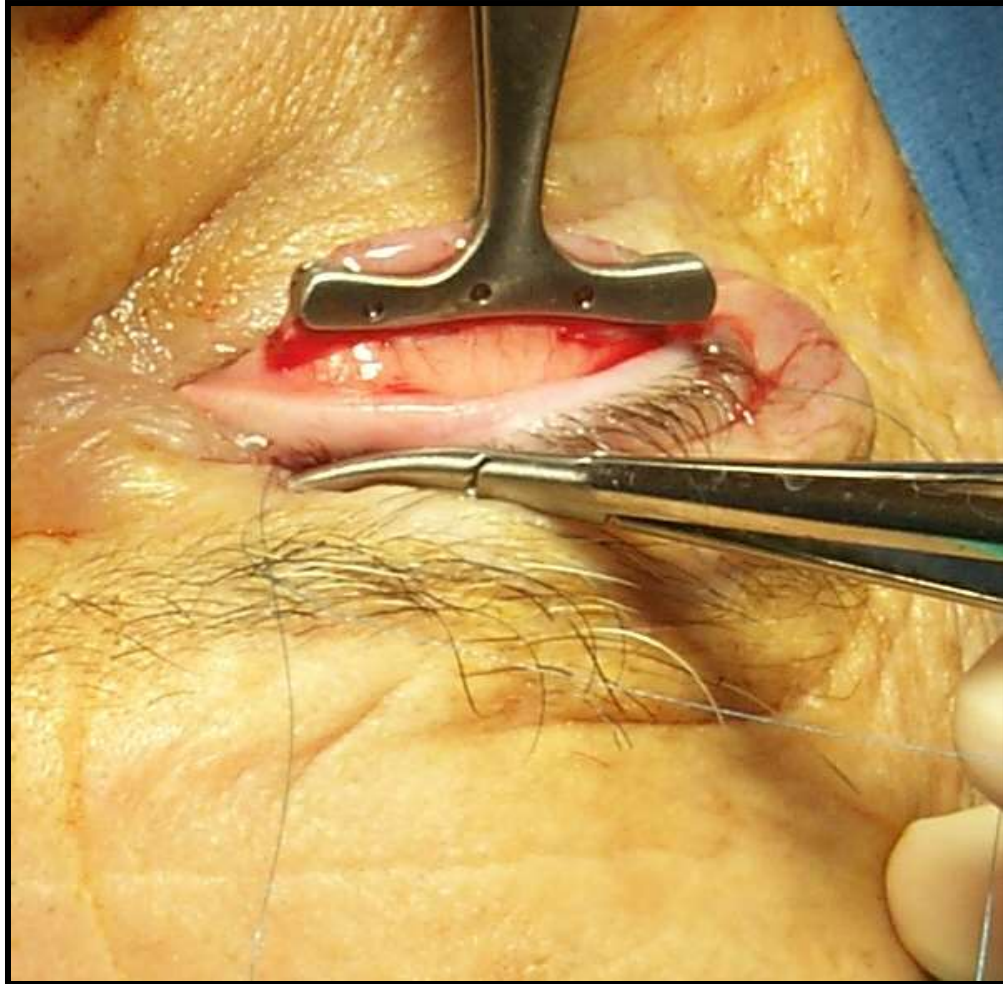
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# Blepharoptosis surgery: CML



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# Blepharoptosis surgery: CML





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# Blepharoptosis surgery: CML



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# Blepharoptosis surgery: CML



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# Ptosis



Before



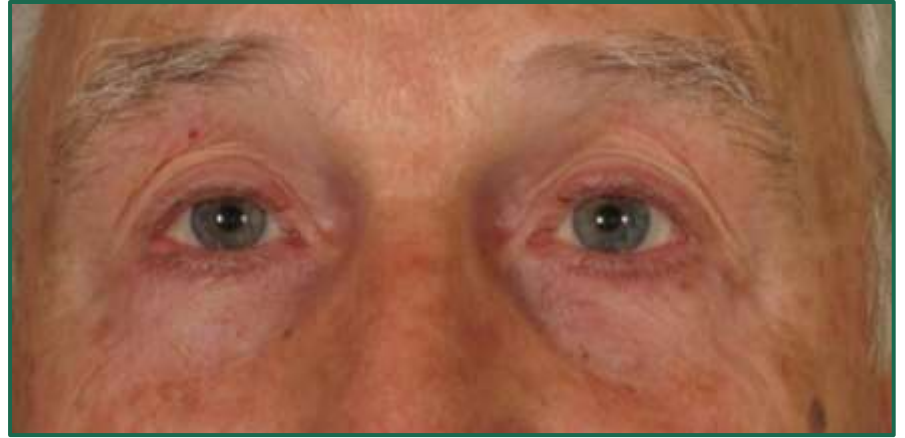
After

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# Ptosis



Before



After

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# Ptosis



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# Ptosis



Before

After

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# Ptosis surgery: Complications

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

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# Congenital Ptosis

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





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# Congenital Ptosis

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



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# Eyebrow Position

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



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# Eyelid Problems

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



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# Eyebrow ptosis

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



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# 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®

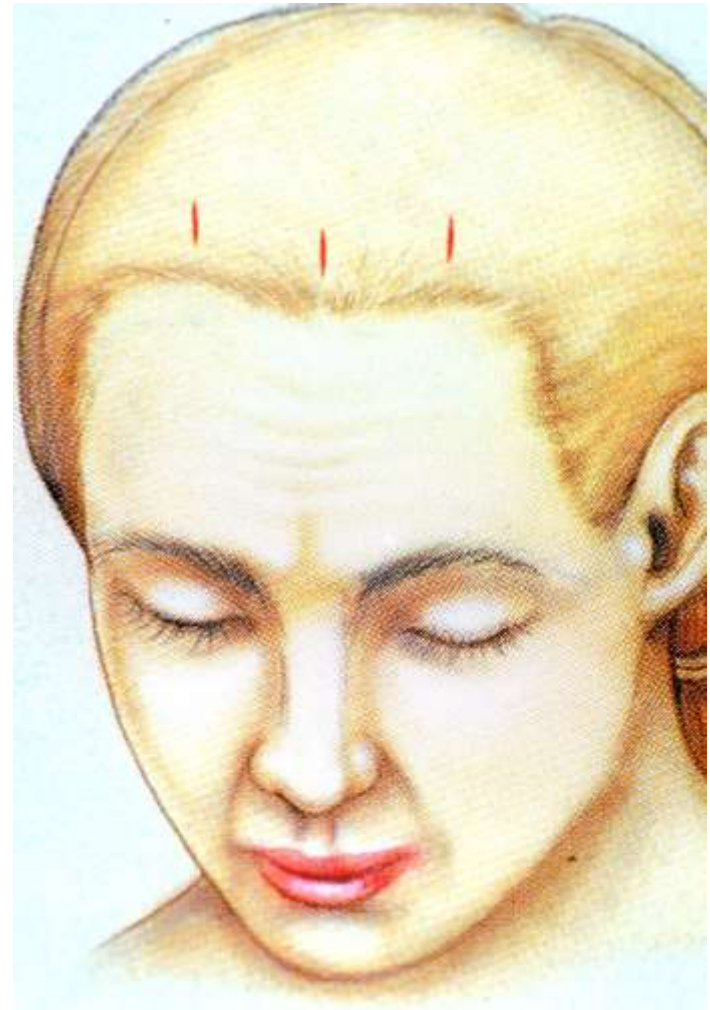


**BOTOX®**  
—Cosmetic  
*Botulinum Toxin Type A*

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# Eyebrow Surgery

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



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# Eyebrow Surgery



Before



After



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# Eyebrow and Upper Lid Surgery



Before



After



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# Brow Surgery



Before



After



After

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# Part I: Droopy Eyelids

- Droopy upper eyelids
  - Extra eyelid skin
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- Droopy (loose) lower eyelids
  - Outward turning (ectropion)
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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®



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# 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



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# Cicatricial Ectropion



Lower eyelid blepharoplasty complication

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# Cheeklift



Loose  
lower  
eyelids

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# Cheeklift and Upper Eyelid Blepharoplasty



Before



1 month after

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# Cheeklift and Upper Eyelid Blepharoplasty



Before



1 year after



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# 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



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# FAQs and Eyelid Surgery Basics

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# 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?

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# FAQs

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

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# 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

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# Eyelid Surgery Basics

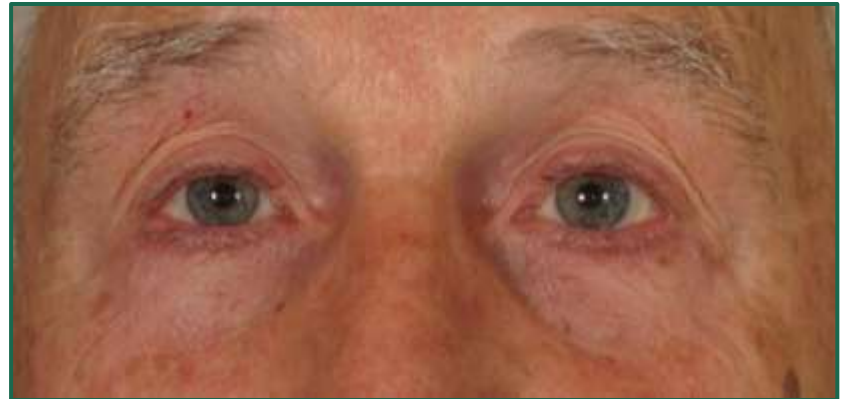
- Out-patient surgery at surgical center or hospital
- Monitored anesthesia care most common
- ~1/2 hour per eyelid surgical time



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# 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



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# 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



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# 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



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# 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

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# Eyelid & Eyebrow Surgery

## *Late Recovery*

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

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# Questions and Answers

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Thank you!