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## Say Goodbye To Eye Bags With Lower Blepharoplasty

NEWS April 16, 2025 Dr. Alexandra Condé-Green



If you've ever looked in the mirror and felt that your under-eye area makes you appear tired, puffy, or older than you feel, you're not alone. The delicate skin under the eyes is often one of the first areas to show signs of aging, but **lower blepharoplasty** offers a refined, long-lasting solution.

Here's everything you need to know about this transformative procedure.



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### What Is Lower Blepharoplasty?

Lower blepharoplasty is a surgical procedure designed to improve the appearance of the lower eyelids. It's often sought out by patients looking to address:

- Under-eye bags or puffiness
- Loose or sagging skin that disrupts the natural eyelid contour
- Drooping lower eyelids that reveal white below the iris
- Hollow or depressed under-eye areas
- A generally tired or aged appearance

During your consultation, your provider will carefully assess the anatomy and function of your eyelids by listening to your unique concerns and evaluating the underlying cause of your eyelid appearance. A personalized surgical plan can be created.

### How Is Lower Eyelid Surgery Performed?

Lower blepharoplasty is typically performed on an outpatient basis and can be done under local anesthesia, light sedation, or general anesthesia, depending on the complexity of the case.

There are two common techniques:

- **External Approach:** An incision is made just below the lower lash line. Through this, excess skin is removed, and fat may be either repositioned to improve contour or excised if too prominent.
- **Transconjunctival Approach:** This incision is made inside the lower eyelid, within the conjunctiva. It's ideal for patients who do not need skin removed and helps prevent changes in eyelid position or corneal exposure.

The sutures used are extremely fine, as thin as a hair, and are removed about a week after surgery.

### Lower vs. Upper Blepharoplasty: What's the Difference?

While both upper and lower blepharoplasty aim to refresh the eye area, the techniques and goals differ slightly:

- **Upper blepharoplasty** usually focuses on removing excess skin and is commonly done under local anesthesia.
- **Lower blepharoplasty** may involve more intricate fat repositioning and is often performed under sedation or general anesthesia, especially if there is a need to remove or adjust fat pads.

Importantly, the lower eyelid is more delicate, and less skin is typically removed to avoid complications like

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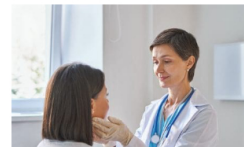
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corneal exposure. Sometimes, additional support sutures are placed at the outer corner of the eyelid to protect eye function.

Aftercare: What to Expect After Surgery

A smooth recovery starts with proper aftercare. Patients are advised to:

- Apply ice packs immediately after the procedure and continue for the first 3 days
- Take Arnica tablets to help reduce bruising and swelling
- Avoid heavy lifting or strenuous exercise for 1 to 2 weeks
- Practice strict sun protection, wearing dark sunglasses while healing
- Always massage or dry the lower eyelid area with gentle upward motions

These steps help minimize complications and speed up healing.

When Will You See Results?

Lower blepharoplasty offers gradual, yet long-lasting results. As swelling and bruising subside over a few days to weeks, you'll notice:

- Smoother contours beneath the eyes
- A brighter, more alert appearance
- A refreshed and youthful look

While healing times vary, many patients feel confident returning to their normal routines within two weeks. Results can be enhanced with makeup and sunglasses during the initial healing phase.

Can It Be Combined with Other Treatments?

Absolutely. Lower blepharoplasty is often performed alongside other facial or body procedures, such as:

- Upper blepharoplasty
- Brow lift
- Facelift or necklift
- Chemical peels
- Fat transfer or fat grafting around the eyes

It can also be paired with body contouring or breast surgeries without necessarily prolonging your recovery. Combining procedures can offer a more comprehensive rejuvenation with minimal additional downtime.

Whether you're seeking subtle refinement or a more dramatic refresh, this procedure can help you look as energized as you feel.

For a personalized consultation to explore if lower blepharoplasty is right for you, contact **Dr. Alexandra Condé-Green** today.

For more information, visit **Dr. Alexandra Condé-Green's** social media:



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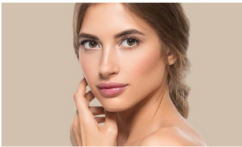
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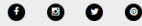
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