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- \* Aesthetic medicine
- \* Cosmetic surgery
- \* Aesthetic laser therapy
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### **Procedure - Blepharoplasty, Upper Eyelid Surgery.**

Upper eyelid surgery is a cosmetic surgical procedure aimed at removing excess loose skin and fat from the upper eyelids. The procedure significantly improves the appearance of the eyes, removes sagging skin, reduces wrinkles, and gives a more youthful appearance. The surgery yields lasting results.

1. At the beginning of the procedure, we instill 1-2 drops of a 0.5% Alcaine solution (surface anesthesia) into the conjunctival sacs.
2. To fully disinfect the treatment area, we cleanse the eyelid skin with solutions containing povidone-iodine, such as Kodan or Povidone.
3. For individuals sensitive or allergic to iodine-containing preparations, Octenisept disinfectant is used as an alternative. Additionally, Skinsept (containing ethanol) is used for skin disinfection.
4. While the patient is sitting, the areas of loose upper eyelid skin are outlined with a sterile marker, precisely delineating their boundaries. This drawing marks the contour of the skin area to be anesthetized and removed. This area is based on the anatomical fold of the upper eyelid, located about 7-11 mm above the lash margin of the upper eyelid tarsus. The upper boundary is marked by drawing lines along the upper edges of the loose skin, parallel to the eyebrow arches.
5. The excision of loose eyelid skin and the suturing of the resulting wounds are performed while the patient is in a horizontal position, lying on their back.
6. The area of skin to be excised is locally anesthetized using Citocartin 100 (local anesthesia).
7. All incisions are made using a CO2 laser, with a precise laser knife, or using surgical diathermy with electric cutting electrodes.
8. Contour incisions are made along the contour line of the previously outlined skin area to be removed.
9. The lower incision is made exactly in the anatomical eyelid fold, 1 mm below it.
10. The excess loose eyelid skin is precisely removed with a laser knife, maintaining the continuity of the orbicularis oculi muscle.
11. Bleeding vessels are coagulated continuously with a surgical bipolar forceps (diathermy).
12. The wound edges are approximated using continuous intradermal sutures with non-absorbable threads (e.g., nylon, Ethilon 6-0).
13. At the end of the procedure, special protective strips are applied to the sutured upper eyelid wounds, and antibacterial (Oftraquix 5 mg/ml) and anti-inflammatory (Dexamethasone 0.1%) drops are instilled into the conjunctival sac.

