



Blepharoplasty: An Immersing Facial Plastic Surgery in Context of Nepal

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saggy and excess is removed and sutured using prolene suture. Laser resurfacing is then done to improve the skin texture in patients with lighter skin tones [2].

Editorial

People around the world always want to be more charming, beautiful and good looking till the life exists in the world. There are many surgical techniques and many surgeons involved for the surgical procedures to operate and fulfill the demands of people around the world. Among them blepharoplasty is very popular surgery which can change the facial appearance of the involved person.

There are a number of cosmetic surgical procedures to enhance a person's appearance. Their main goal is to improve the aesthetic appeal, beautifying face as well as body. Blepharoplasty is also one of the cosmetic surgical procedures that remove fat deposits, excess tissue, or muscle from the eyelids to improve the appearance of the eyes. As the age grows, fat surrounding the eyes will start moving nearby the eye lids creating the 'BAGS' darkening the skin around the eyes. Depending on the anatomy of the patients, even the young patients can suffer from this kind of fat depositing and darkening the skin around the eyes however it's more common when people grow old. Hyaluronic acid can be filled as filler below the fat pad which increases the volume to the tear trough and smoothen out the transition from cheek into the lid. This filler decreases the dark area around the eyes and helps in masking the fat pad surrounding the lid. This is non-surgical technique [1].

But at the present time due to advancement in laser surgical techniques is more widespread among the surgeons and the people who want good results. In surgical technique, an incision can be given using laser in the eyelid to elevate the skin and muscle and relocated the fat pads. Then the fat is arranged as per necessity into the tear trough and sutured into position using absorbable sutures. Lid is returned to its normal position but if the lid is very loose and lax then the tendon is tightened at the outer corner of the lid. The skin which is

Local anesthesia or general anesthesia can be used to carry out the procedure depending on the patients demand and their capacity to tolerate the pain but local anesthesia is preferred more. After surgery there will be minor swelling and bruise lasting for 7 to 10 days. Ice compression is suggested for first 3 days and eye ointment is prescribed. The outer sutures are removed in 7 to 10 days. In some patients, redness can be seen for several weeks if lasers have been used. Ectropion is common complication in lower eyelid blepharoplasty. This complication results drying of the eyes due to exposure of the white sclera and must be very careful while excising the excessive skin from both the upper and lower eye lid redness, dryness and chronic irritation of the eye chemosis, tearing and dry eye are other complications. Prolonged swelling of malar and fat pad is noticed occasionally [3].

With the recent advancement in laser and medicines, complications are less seen nowadays. This surgery can be done in combination with other surgeries like face lift, chin augmentation and rhinoplasty. In context of Nepal, still we have less patients but it's satisfactory. People in this part are poor so they don't care much for their aesthetic beauty. But growing charm in modeling and film industry, numbers of patients are increasing recently.

References

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