

Blepharoplasty: The Eyelid Lifting Procedure Is on the Rise — But Is It Safe?

Who's a candidate for a blepharoplasty?

Historically, the average blepharoplasty patient have been in their mid-40s, according to **Dr. Chang**. But recently, she's been seeing more and more patients in their 30s who wish to swap their liquid brow lifts in favor of something more permanent and preventative. This new wave of younger patients have ushered in the advent of "mini blephs," meaning the patient isn't displaying significant laxity or fat pocket, therefore they don't require more extensive excisions or fat removal.

Dr. Chang notes that undereye bags are these patients' primary complaint, and can be addressed with this conservative technique for a lower blepharoplasty — and **Dr. Chang's** go-to method — that requires goes behind the eye to "just remove the fat and you leave all of the anterior structures above it intact," she says. "This way, the eye has a lot more support, the healing is faster, it's less invasive and it's perfect for a lot of the younger patients." This technique can also be tweaked for older patients who want a less-is-more approach to trim loose skin.

Anyone with eye issues that could potentially be exacerbated by a blepharoplasty — like Graves' disease or excessively dry eyes — aren't good candidates, as their corneas could be compromised during the excision process.

Dr. Chang says the very best candidate, though, is one who has realistic expectations of what a blepharoplasty can resolve and what it cannot. "A blepharoplasty is usually thought of as more of a reduction surgery: you're removing skin, you're removing fat, you're tightening by removing," explains **Dr. Chang**. "Eyelid surgery itself will not fix dark circles because that is the result of loss of volume," although, she adds, that a blepharoplasty can be supplemented with fat grafting or dermal fillers to restore volume to hollowed areas.