

The Ultimate Eye Rejuvenator

The go-to cosmetic treatment to revive tired-looking eyes



Take years off with an eyelift

Blepharoplasty is one of the most highly requested surgeries because it improves hooding, puffiness and under-eye bags.

You can tell quite a bit about someone just by looking at their eyes, and unfortunately one of those telling things can be our age. The eyes are often the first area of the face to show signs of aging, however, they age at different rates, so we don't all face the same problems at the same time.

Factors like facial structure, genetics, sun exposure and skin quality all play a role in age-related changes to the eyes. An eyelift (either upper, lower or a combination of both), aka blepharoplasty, is the optimal solution to address concerns like under-eye puffiness, bags, loose skin, dark circles, and hooding. Blepharoplasty is an individualized procedure, and your doctor will work with you to devise a comprehensive, tailored plan to help address your specific concerns for a fully rejuvenated, natural-looking appearance.

4

Most Common Eye Concerns

01 **Saggy Brows**

A browlift can surgically correct sagging skin, hooding of the upper eyelids and even lines on the forehead.

02 **Droopy Eyelids**

An upper blepharoplasty addresses extra skin, loose muscle and displaced fat that can cause upper lids to sag and interfere with your vision.

03 **Under-Eye Hollows**

Fat loss can cause a hollowing effect under the eyes, which can be minimized with a fat transfer, micro-fat grafts, fillers and lower blepharoplasty.

04 **Under-Eye Bags**

The fat pads under the eyes can fill and expand, which can cause puffiness in the area that can be reversed with lower blepharoplasty.

Upper Blepharoplasty

01

Procedure Time: One to three hours

Recovery: Seven to 14 days; avoid strenuous activity for three weeks

How Long It Lasts: Eight years or more

Upper Eyelift Basics

Best For: Restoring Definition

An upper blepharoplasty corrects the upper eyelid drooping and puffiness that can create a tired look, an aged appearance or a sad disposition. The procedure also addresses the wrinkles and creases that can begin to appear on the eyelids. During surgery, which incorporates local, monitored sedation or general anesthesia, a small incision is then made across the crease of the upper lid through which the muscles and tissues are tightened, fat is repositioned and any extra skin is removed. Your doctor will preserve as much fat as possible and only remove the excess, which helps yield a softer look. The incision is strategically placed and practically undetectable once you've fully healed.

Know Before You Go

Sutures can be removed in as little as four days, and most of the swelling will subside in seven to 14 days. Your eyes must remain covered and protected with sunglasses. Following surgery, they will look more open and alert, giving a dramatic difference to the overall look of your face. Results will be visible in one or two weeks.

> "You must practice **diligent sun protection and use darkly tinted sunglasses until** the healing process is fully complete."
>
> —American Society of Plastic Surgeons



pros + cons

PROS

Natural-Looking Outcome

In the past, plastic surgeons removed too much fat from the eye area, which resulted in an unnatural look. Today, modern techniques create a very natural look.

Minimal Downtime

The combination of local, monitored sedation or general anesthesia plus small incisions equal a fast recovery.

Imperceptible Scars

Your incisions will be made in the natural crease of your upper eyelid or in the lower lash line and blend in with your skin once you are healed.

CONS

Secondary Surgeries

Although blepharoplasty results are long-lasting, your eyes will continue to age, so you may need to have the procedure done again later on in life.

The Waiting Game

Don't be intimidated if you don't love your results immediately. You may experience bruising and swelling at first—give it a few weeks' time to see a more dramatic change.

Lower Blepharoplasty

02

Procedure Time: One to three hours

Recovery: Seven to 14 days; avoid strenuous activity for three weeks

How Long It Lasts: Eight years or more

Lower Eyelift Basics

Best For: Bags and Puffiness

As you age, the muscles beneath your skin grow weak, allowing fat to protrude and cause bags. A lower blepharoplasty, also known as a lower eyelid surgery, corrects this protruding fat and removes any loose skin. The goal is to create a smooth contour from the lower lash line down to the midface. Dark circles go hand in hand with under-eye bags. Facial fat that has fallen forward can be removed or repositioned right below where the tissue has fallen to reduce any darkness or shadows that are cast on the eyes. A fairly quick procedure that's performed under local, monitored sedation or general anesthesia, a lower blepharoplasty uses small incisions in the lower eyelid or just beneath the lower lash line to remove excess skin and reposition the fat and muscle in a way that gives a youthful and balanced look. If you're bothered just by bulging fat but not loose skin, your doctor can make an incision inside the lower lid to reposition only the fat.

Know Before You Go

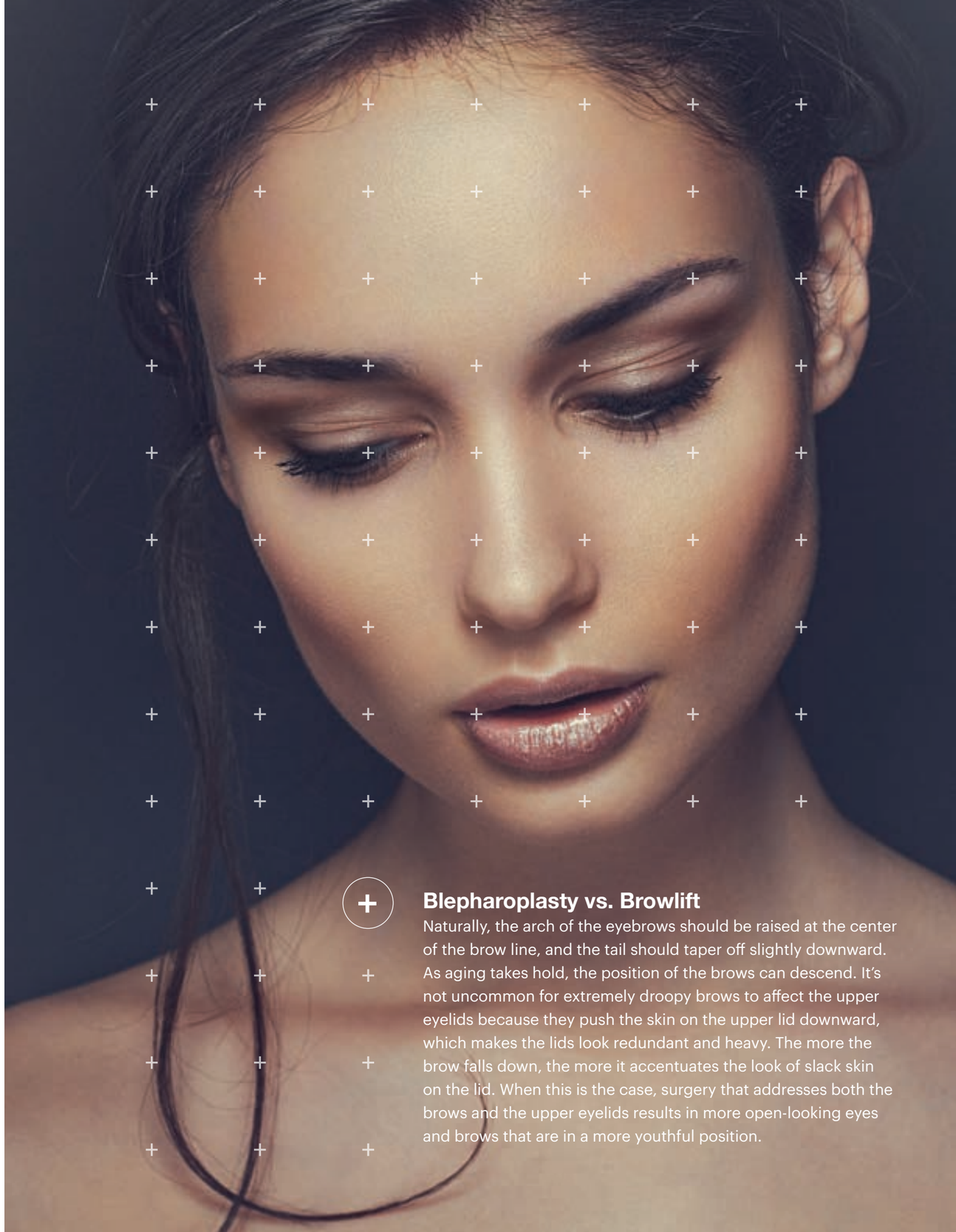
The lower lids may take longer to heal than the upper lids. They can look swollen and bruised for 10 to 14 days after surgery. All internal sutures will dissolve and external stitches will be taken out within five days. It may take up to six weeks for swelling to subside and results will continue to improve over the next few months.

Eyelifts are the

No.1

aesthetic surgery performed in adults ages 65+

Source: American Society of Plastic Surgeons



Blepharoplasty vs. Browlift

Naturally, the arch of the eyebrows should be raised at the center of the brow line, and the tail should taper off slightly downward. As aging takes hold, the position of the brows can descend. It's not uncommon for extremely droopy brows to affect the upper eyelids because they push the skin on the upper lid downward, which makes the lids look redundant and heavy. The more the brow falls down, the more it accentuates the look of slack skin on the lid. When this is the case, surgery that addresses both the brows and the upper eyelids results in more open-looking eyes and brows that are in a more youthful position.

Upper & Lower Blepharoplasty

Procedure Time: One to three hours

Recovery: 10 to 14 days; avoid strenuous activity for three weeks

How Long It Lasts: Eight years or more

Upper & Lower Eyelift Basics

Best For: Total Eye Rejuvenation

Although it's not necessary to always perform both upper and lower eyelid surgery, many doctors say that it is often the best way to refresh a person's overall appearance. Performing upper and/or lower blepharoplasty in tandem with a browlift (when a saggy brow line, hooding and loose skin are problems) is a surefire way to address all of your aging eye concerns. It is important to note that neither an upper nor lower blepharoplasty will eliminate crow's-feet or other facial wrinkles.

Know Before You Go

During a combination procedure that addresses the upper and lower eyelids, the incisions are made in the natural crease of the lid or hidden in the lash line. Often a browlift is performed with an upper blepharoplasty to achieve a natural-looking result. When they are also treating the eyebrows, your doctor may use an endoscope (a surgical tool with a video camera on it) via a smaller incision in the hairline (at the temples) to correct the shape and height. Just one week after surgery you'll start to notice more youthful-looking eyes, and when the eyebrows are also operated on, they will have a better position. Swelling and bruising should subside within two to three weeks.

Injectable Approach

If you're not quite ready for surgery, or your only concern is restoring lost volume (not excess skin), fillers may help rejuvenate the eye area. Hyaluronic acid fillers such as Juvéderm, Juvéderm Ultra, Juvéderm Voluma, Belotero Balance and Restylane Lyft can be used off-label to fill in under-eye hollows and create a smooth contour from the lower eyelid down to the cheek. Fillers and long-lasting micro-fat injections are also frequently used to enhance a surgical outcome. The results typically last six months to a year. Neurotoxin injections (Botox Cosmetic, Dysport, Xeomin, Jeuveau or DAXI) can address problems areas such as crow's-feet that an eyelift procedure cannot correct.

frequently asked questions

Do I need to have volume restored, too?

In the past, eyelifts were performed by removing skin, fat and muscle, which created unnatural-looking changes. Modern eyelifts focus on maintaining or adding fullness for a more natural result. Injectables such as hyaluronic acid fillers can also be used to fill in under-eye depressions and hollows, and create a smooth contour from the lower eyelid down to the cheek where appropriate. Results can last for about six months to upwards of a year. Other options include fat transfer, which can produce a longer-lasting result.

Can it treat hollow eyes?

The best fix for hollow eyes is to combine a lower blepharoplasty, which eliminates excess skin under the eyes, with fat transfer, injectables or micro-fat grafts, which will address a lack of volume around the eyes.

How will my scars look once I am fully healed?

Eyelift scars blend in with the natural creases of the eyelids, so they're less apparent. An upper-lid scar is hidden in the natural creases as best as possible, while a lower-lid incision is placed either inside the eyelid, so it remains invisible, or just under the lash line.

Tear troughs vs. bags: what's the difference?

The area under the eyes is one of the first areas where shadows become noticeable as "dark circles." Often times the fat bags result in underlying shadows that appear as tear troughs, or hollows. As the bags or hollows become more pronounced, the eyes look more tired. Volume restoration can be done with fat or fillers.

Why do my brows look flat?

Key fat pads live in the eyebrows. A loss of fullness coupled with lines and wrinkles between the brows and on the forehead can create hooding and the look of a saggy brow. Filler injections and a fat transfer can be combined with an eyelift and browlift to address this.

Will my eye shape look different after surgery?

Eyelid surgery corrects droopy lids, puffiness and sagging tissue. This procedure is meant to restore volume and smooth contours without changing the natural shape of the eyes. A canthopexy (suture support at the outer corner of the eye) is often necessary in order to preserve the natural eye shape.

Will I have dressings or bandages?

Bandages are not necessary after an eyelift. For the first 24 hours post procedure, many doctors recommend applying cold compresses to lessen discomfort and swelling. For a few days after, expect to sleep with your head elevated to further reduce swelling.

Will a blepharoplasty get rid of the crow's-feet around my eyes?

While blepharoplasty cannot eliminate crow's-feet, pairing your procedure with a nonsurgical treatment, such as a neurotoxin or laser, can oftentimes address this issue.

Recovery Tips

The first few days

- Use a cold compress to alleviate any pain.
- Look forward to having stitches removed after about three days.
- Apply ointment if necessary to keep healing areas hydrated.
- Elevate your head (above your heart) when resting to minimize bruising and swelling.

Two weeks later

- Wear dark sunglasses to protect your eyes.
- Apply a doctor-approved sunscreen daily to protect the skin around your eyes.



DR. SEAN SIMON

PLASTIC SURGEON

MIAMI, FLORIDA

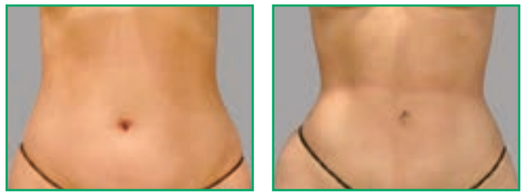
CONTACT

Dr. Sean Simon
305.668.0496
drsimonplasticsurgery.com
@seansimonmdplastic surgery

ABOUT

Drawing on nearly 20 years of experience and more than 10,000 operations to his credit during that time, double board-certified Dr. Sean Simon applies his philosophy of treating the whole patient to every aspect of care.

From working closely with patients to determine the ideal treatment option to making sure they are at ease and comfortable after surgery, Dr. Simon is able to address their specific needs to ensure the optimal aesthetic results. Whether he is performing a body-contouring procedure with advanced, laser liposculpture techniques or a complicated breast enhancement or reconstruction, Dr. Simon utilizes his extensive experience, talent and skill to deliver consistently outstanding results.



This 29-year-old patient achieved a sculpted silhouette with Smartlipo power-assisted liposculpture.



This patient's transformation, shown from a side view, resulted in a flatter stomach and a sculpted look.

"Combining experience and innovation in plastic surgery."



This patient, 31, had a natural-looking enhancement with liposculpture and fat grafting to the buttocks.



Dr. Simon performed a breast lift and reduction to give this 25-year-old patient lighter, perkier breasts.

SPECIALTIES

Abdominoplasty
Aesthetic Injectables
Blepharoplasty
Body Contouring
Bodylift
Breast Augmentation
Breast Lift / Reconstruction
Buttocks Augmentation
Buttocks Lift
Fat Transfer
Fractional CO_2 Skin Resurfacing
Lip Augmentation
Liposuction
"Miami Laser Necklift"
SculpSure®
Smartlipo®

CREDENTIALS

Medical Degree
University of Miami

Board Certification
American Board of Plastic Surgery
American Board of Surgery

Have a Question for Dr. Simon? Now You Can Ask Anytime.

I created an AI-powered digital avatar through Delphi.ai that is trained on my expertise and approach to plastic surgery and aesthetics. By scanning the QR code, patients and readers can ask Dr. Simon questions and receive personalized answers about plastic surgery, aesthetics, and what may be right for them.

LEADING DOUBLE BOARD-CERTIFIED PLASTIC SURGEON

DR. SEAN SIMON

Plastic and Reconstructive Surgery

3850 BIRD ROAD, SUITE 201
MIAMI, FL 33146
305-668-0496

DRSIMONPLASTICSURGERY.COM

Content for this brochure has been reprinted and/or repurposed from NewBeauty magazine with the express permission of its Publisher, MJH Life Sciences®. NewBeauty® magazine and all information contained in this brochure/reprint provides information of a general nature about many forms of cosmetic enhancement procedures. The information contained in this reprint/brochure is provided with the understanding that neither NewBeauty® nor any of its affiliates are engaged in rendering medical services, advice or recommendations. ANY INFORMATION CONTAINED WITHIN THIS REPRINT/BROCHURE SHOULD NOT BE CONSIDERED A SUBSTITUTE FOR CONSULTATION WITH A LICENSED PHYSICIAN. New Beauty, LLC, MJH Life Sciences®, its officers, directors, agents, affiliates, employees, contributors, writers, editors and its Editorial Board of Advisors ("Publisher") accepts no responsibility for inaccuracies, errors or omissions contained herein. The Publisher has neither investigated nor endorsed the individual doctor(s), company(s) procedure(s) and/or product(s) ("Professionals") that are contained within this reprint/brochure. Publisher assumes no responsibility for any claims made by the Professional(s) or the merits of their respective products or services. Images contained herein may not represent the actual outcome of a particular procedure. The before-and-after images used in this brochure/reprint may not be that of the Professional mentioned and/or promoted in this reprint/brochure. When selecting a doctor, it is important to request photos of his/her work for the procedure you are considering. Publisher is not responsible for any infringement of any copyright arising out of any publication in this reprint/brochure. NewBeauty® is a licensed trademark of NewBeauty, LLC. ©2026 NewBeauty, LLC. All rights reserved.