

## The best candidates for blepharoplasty

The best way to decide if you are a good candidate for the procedure or not is to look in the mirror. If you look older than you are, tired although you do not feel you are, blepharoplasty might be the answer. However, being in need for eyelid surgery does not necessarily mean that you are a suitable candidate for the procedure, since there are other conditions and aspects you must meet in order to be a good candidate.

### Best candidates for blepharoplasty

The most important is to have realistic expectations about eyelid surgery. Although the procedure improves your appearance, enhances your self-esteem you should not hope that eyelid surgery will make other people treat you differently. Bear in mind that blepharoplasty surgery will not necessarily improve your looks to match your ideals.

The best candidates are people in a fairly good physical shape and psychologically stable but who are annoyed with drooping upper lids and puffiness of lower eyelids. Both men and women are suitable candidates for the procedure. And there are no racial or ethnic limitations for candidates to have eyelid surgery performed. Most patients are older than 35 years. But since drooping eyelids is an inheritable condition, you might consider blepharoplasty at a younger age if droopy eyelids and puffy bags under your eyes run in your family. You have to be very realistic about surgery results. You should be aware of the healing process after surgery. Please discuss your expectations and possible complications with a doctor prior to surgery. And if you have any further questions whether you are a good candidate for blepharoplasty or not, do not hesitate to consult your surgeon.

### Bad candidates for eyelid surgery

Even if you have droopy upper eyelids and puffy bags under your eyes and you are willing to have blepharoplasty performed, you may find out that you are an unsuitable candidate for eyelid surgery. Although blepharoplasty has very few limitations in when it can be performed, there are certain conditions that make you a non-suitable candidate for the procedure. If you are not in a good physical state, you may not be able to have surgery since it would be of too much hassle for your body. In such cases eyelid surgery, as any surgery, may cause unexpected trouble and damage to your body. In addition, people who are psychologically unstable or have unrealistic expectations about eyelid surgery should not consider having it. Such conditions can be evaluated by a doctor, so do not hesitate to discuss them with your surgeon.

You should know that there are certain medical conditions that limit the possibility to have eyelid surgery performed to some patients. These conditions include thyroid gland problems, such as Grave's disease, hyper- or hypothyroidism. Dry eyes or lack of sufficient tears may also be risky for eyelid surgery. These two conditions could be cured with the additional administration of artificial teardrops. A retina detachment or glaucoma should also be discussed with your ophthalmologist to evaluate whether there is any possibility to have eyelid surgery performed safely. Systemic medical problems are also a reason for caution. Such as, cardiovascular diseases, high blood pressure, diabetes and other circulatory disorders. Consult your cardiologist or family doctor for further evaluation. Finally, those who have flue or any other infection should know that eyelid surgery will be postponed until an infection is cured.