



Martin A. O'Toole, M.D., F.A.C.S.



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**Browlift or
Upper & Lower
Blepharoplasty
Procedure**

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Patient Testimonials



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Dr. O'Toole's got the answers. Send an email and receive a confidential reply from Dr. O'Toole.

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Have your eyes lost the power to fascinate? Get your groove back. With two simple procedures we can rejuvenate your entire upper face, removing the puffy, baggy, tired look around your eyes and giving you back your youthful allure.

"After these surgeries I began flirting again," reports one of our patients. "What a relief! As a girl I'd always had beautiful eyes. Getting my eyes back raised my spirits enormously."

Step One – Eyelid Surgery

Eyelid surgery corrects changes around the eyes wreaked by the aging process. It removes excess skin in the upper eyelid and excess fat in the lower eyelid. The result is a more wide-awake, rested appearance.

For some, this procedure also widens the field of peripheral vision and resolves "eye strain."

The Surgery

- Takes about 30-90 minutes.
- Can often be done in the surgical unit at our office under local anesthesia. We may choose to give you mild sedation under "twilight sleep" in the outpatient surgicenter.
- After the procedure you may have occasional mild discomfort.
- You will be allowed to leave our surgical facility shortly after surgery. Bandages are not required.
- You won't be allowed to drive yourself home, so arrange to have a family member or friend come with you.



Home Care

- Expect swelling and some bruising.
- This varies greatly from one individual to another.
- You'll apply cold packs to your eyelids for the first 48 hours after surgery.
- If you've been on a blood thinner medication such as aspirin, you're likely to have more bruising.
- Bruising and swelling should subside after the first few days, but may not resolve entirely for several weeks.
- Your eyes may feel tight and sore, especially the first week after surgery.
- Some people require oral pain medications for the first few days.
- If your eyes become dry and slightly irritated you can apply non-preserved lubricating tears or lubricating ophthalmic ointment.

The Healing Process



- Swelling and bruising improve within 3-14 days, depending on the extent of surgery.
- Stitches will be removed in 7 days.
- Contact lenses may be worn in 7-14 days.
- Glasses may be worn immediately.
- Eye make-up may be worn in 7-10 days.
- You will be presentable in public in 3-7 days with the help of make-up, depending on the extent of surgery.

Final Results Take Time

After the first couple of weeks, you will begin to see the aesthetic results of your surgery. Your best results will appear 6 months following surgery, and they'll be dramatic.



Step 2 – Browlift

Years of talking, laughing and crying take their toll on your face. Sometimes the evidence is endearing. But foreheads don't wear well. They're subject to:

- Creases
- Drooping
- Horizontal wrinkles -- make you look tired
- Vertical frown lines -- make you look angry



These distract from your beauty, making it impossible to allow your eyes to radiate.

Three Approaches

I use three different approaches to brow lift:

- **Coronal** - The traditional cure for troubled foreheads, performed through an incision across the top of the scalp.
- **Limited incision** - Done with shorter incisions in the temples to raise the outside of the eyebrow.
- **Endoscopic** - A less invasive technique that leaves smaller scars.

The goal is to widen and clarify the area above the eyebrows, smoothing out the wrinkles caused by muscular contraction. We can also weaken or completely eliminate the small muscles that cause the vertical frown lines between the eyebrows. It's like getting permanent Botox!

BEFORE & AFTER PHOTOS



Endotine Fixation

You may ask yourself: How can my skin and muscles be repositioned in exactly the right spot to restore the looks I had in my youth?

This is done with an Endotine fixation device. This device is inserted into a tiny hole on the outside of the forehead bone. It supports the brow as it heals.

I've found I get better, more predictable results using the Endotine. It gives me more control over exactly where your tissues will lie once the healing process is complete. The device is biodegradable, and is absorbed into your body following the procedure.

Recovery

- You'll shampoo your hair 2 to 3 days after surgery.
- You can get back to work within a week, possibly sooner - it's completely up to how you feel.



Results

Brow lifts are among the most satisfying cosmetic procedures I perform. They restore clarity and calm to a part of the face that's often stamped with a harsh, world-weary look as we age.

My patients sometimes tell me that strangers and co-workers find them more approachable after this procedure. Socializing gets easier, and they find themselves more comfortable in groups.



Upper Eye Lid Rejuvenation - You'll Thank Yourself for Doing It

Between eyelid surgery and brow surgery I can erase 10 to 20 years from your upper face.

When you see the difference in your looks you'll breathe a sigh of relief. No more angry, tired look. No more hooded eyes. Your eyes are wide open again, ready to sparkle.

With makeup on you're back to the soft, magnetic look you remember from years ago. You can start flirting again -- with confidence.

The results last for many years, sometimes throughout an entire lifetime.

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