

Outcomes of lower eyelid transconjunctival blepharoplasties with fat repositioning

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Aim: To present the results of a series of consecutive patients undergoing lower eyelid transconjunctival blepharoplasty with fat repositioning by a single surgeon.

Material & Methods: A retrospective case note review of all cases performed between March 2011 and March 2016. Data collected included patient demographic details, intraoperative and postoperative complications, and postoperative outcome.

Results: There were 91 patients (12 males/79 females with a mean age of 48.5 with a range 25-69 yrs. The surgery was performed under local anaesthesia with i.v. sedation. In 23% (n=21) of patients adjunctive treatment was performed at the time of surgery including upper eyelid blepharoplasties, brow lift surgery and structural fat grafting. There were no intraoperative complications. There was 1 postoperative infection, 2 conjunctival granulomas, 1 medial lower lid ectropion requiring a medial spindle procedure, and 2 patients developed a temporary inferior oblique weakness, which resolved spontaneously. No patients experienced persistent lumpiness of the transposed fat. 94% (n=86) of the patients were very satisfied with the outcome of their surgery.

Conclusion: In facial rejuvenation surgery lower eyelid transconjunctival blepharoplasty with fat repositioning can successfully treat appropriately selected patients with tear trough defects and lower eyelid fat herniation avoiding the potential stigmata occasionally associated with a transcutaneous lower eyelid blepharoplasty. The overall patient satisfaction rate is very high using this technique.