

■ OCULOPLASTIC SURGERY GUIDE

RevitalEyes

Dramatically Improve The Way You Look... and See.

The quality of your vision is directly related to the function of the skin and structures around your eyes. By combining ophthalmic and plastic surgery principles, oculoplastic surgery can not only improve the overall quality of your vision, but it can also improve your appearance, leaving you looking rested and rejuvenated.

Wilmington Eye's experienced oculoplastic team will work with you to develop an individualized treatment plan that is best suited for your goals.

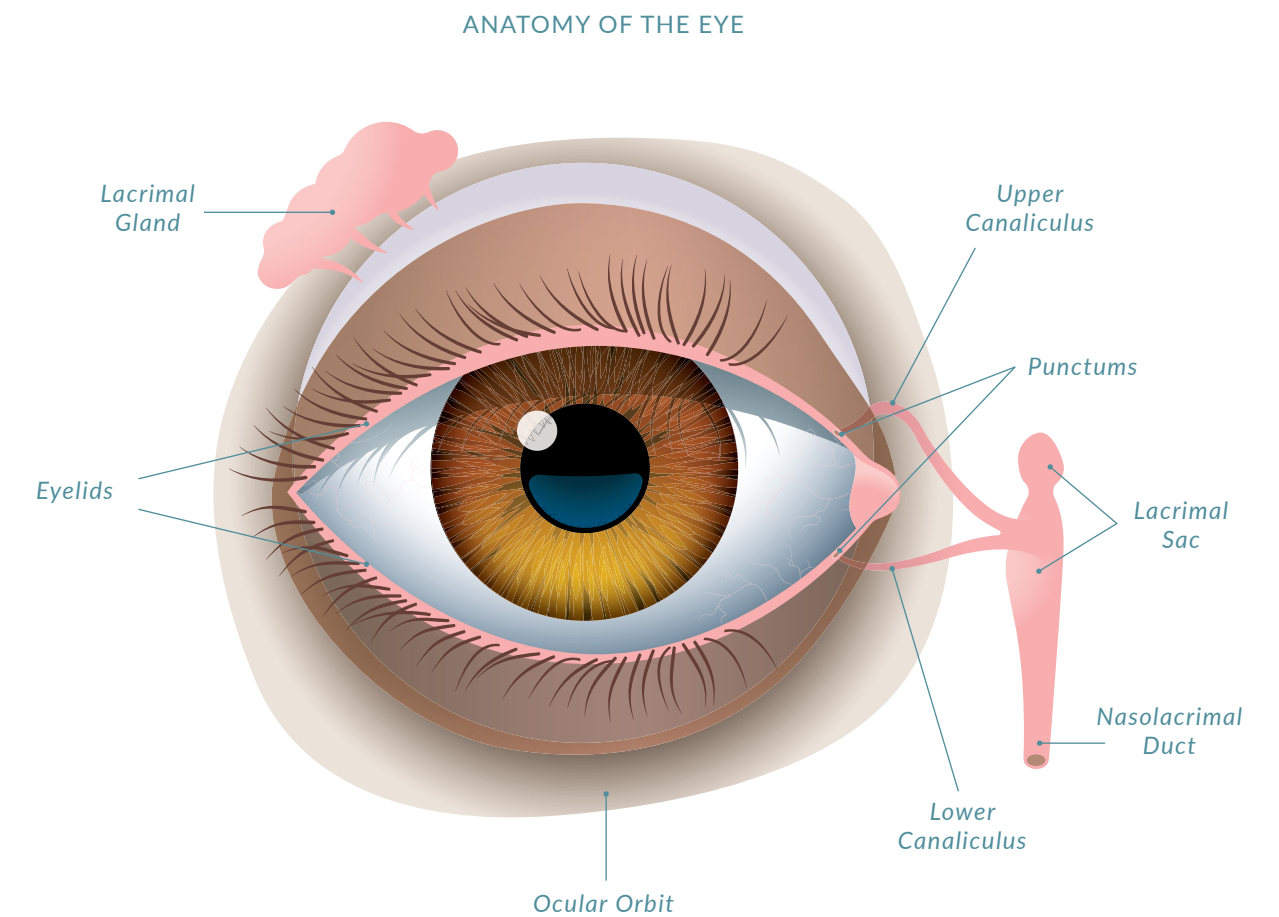
This Oculoplastic Surgery Guide explains the various conditions and treatments offered at Wilmington Eye, as well as valuable information to assist you before, during and after your oculoplastic procedure. Please keep in mind that only your surgeon can determine which treatment option is best suited to your needs.



What Is Oculoplastic Surgery?

Your eyelids, tear ducts and the structures around your eyes are not only vital for healthy vision, they can also play a significant role in your appearance. By combining ophthalmology with plastic surgery, oculoplastic surgery focuses on functional and reconstructive treatments for the eyelids, tear ducts and eye sockets, as well as cosmetic procedures for the eyelids, eyebrows and face.

As the regional leader in eye care, Wilmington Eye provides specialty care in oculoplastic surgery, as well as the nonsurgical management of many conditions affecting the tissues and structures surrounding the eyes. Our oculoplastic surgeons also perform aesthetic procedures of the face with injectable treatments such as BOTOX® and Dysport, facial fillers like Restylane, as well as laser and light procedures aimed at improving the pigment, tone and texture of your skin.



Procedures For Eyelids

Several factors can cause your eyelids to droop, aging being the most common thing that leads to tissue dysfunction. This tissue laxity, stretching or weakness can obstruct your vision and cause you to look older than you feel.

Fortunately, eyelid procedures are some of the most common oculoplastic surgeries, and they yield excellent results—improving both vision and overall appearance.

Many patients are surprised to find that most insurance policies will cover eyelid surgery if the condition is obstructing the vision or threatening the health of the eye.

Common eyelid procedures include:



UPPER EYELID BLEPHAROPLASTY
Excess skin



LOWER EYELID BLEPHAROPLASTY
Bags/puffiness and excess skin



PTOSIS REPAIR
Drooping eyelid



ECTROPION / ENTROPION REPAIR
Outward/inward turning of eyelid



PERIOCCULAR SKIN CANCER RECONSTRUCTION

I was welcomed, respected, and my concerns were their top priority. My surgery went well and I feel and look like a new person!

Penny | eyelid lift recipient

Procedures For Orbital Issues

The orbit, commonly known as the eye socket, protects the eye and the delicate fat, muscles and nerves around the eye.

When problems arise due to disease, trauma, aging, inflammation or genetic disorders, orbital surgery may be needed. Our oculoplastic team has the specialized skills needed to manage and treat these orbital conditions.

Common orbital procedures include:



ORBITAL TUMOR REMOVAL



TREATMENT FOR THYROID EYE DISEASE



Procedures For Tearing Issues

Tearing is when the eye experiences watering that is not caused by crying. The source of tearing can be the overproduction of tears or the poor outflow of tears into the tear duct system.

While conservative management to reduce tear production can be effective at improving tearing, in some cases tear duct surgery is required to restore outflow and resolve tearing.

Common tear duct procedures include:



DACRYOCYSTORHINOSTOMY (DCR)
Create new drainage for blocked tear duct



PUNCTOPLASTY
Restore proper tear drainage



REPAIR OF TEAR DUCT DAMAGE FROM TRAUMA OR CANCER



Cosmetic Procedures

We believe that you shouldn't have to choose between seeing well and looking good, which is why Wilmington Eye offers cosmetic services and procedures that complement our other oculoplastic and ophthalmic surgical procedures.

Our physicians and state-of-the-art providers offer the latest aesthetic treatments and services that promote oculofacial rejuvenation and restore vitality and youth.

Cosmetic procedures available through Wilmington Eye include CO₂ laser skin resurfacing, plasma treatment for skin tone and tightening (OPUS), intense pulsed light treatment for skin pigmentation issues, neurotoxins like BOTOX®, Dysport and Xeomin, dermal fillers and much more.

Common cosmetic procedures include:



NEUROTOXINS



SKIN RESURFACING (CO₂ LASER | RESURFX | OPUS)



DERMAL FILLERS



INTENSE PULSED LIGHT (IPL)



Pre-Operative Instructions

Please do not wear makeup, lotion, moisturizers or aftershave on the morning of your surgery or procedure. You may wash your hair and face. Please refrain from wearing jewelry and leave all valuables at home.

Do not drink alcohol for at least 24 hours before or after surgery. Because smoking results in poor healing and a higher infection risk, stopping or severely limiting smoking is strongly recommended.

Blood Thinners & Medications

Certain medications and supplements may increase your tendency to bleed. Because bleeding can cause significant problems during and after surgery, it is important to temporarily discontinue these drugs prior to your surgery.

- If you take a prescription blood thinner or are prescribed aspirin, you must be granted clearance by your prescribing physician to discontinue these medications prior to surgery.
- Do not take aspirin or aspirin-containing products for two weeks prior to surgery unless otherwise instructed.
- Do not take non-steroidal anti-inflammatories (NSAIDS) (i.e., Advil, Aleve, Motrin, Ibuprofen, etc.) for one week prior to surgery.
- Do not take vitamin E, fish oil, omega 3 fatty acids, garlic, ginger, ginseng or ginkgo supplements for one week prior to surgery.
- You MAY take Tylenol or acetaminophen-containing products as needed prior to or following surgery.

Bruising is normal following surgery; however, our patients often ask if there's anything that can be done to decrease bruising. Pineapple has an enzyme called bromelain which many patients report decreases bruising. Arnica has also been shown to decrease bruising. Eating one cup of pineapple daily or taking bromelain and arnica supplements beginning the week before surgery can potentially decrease bruising.

Eating

Do not eat or drink anything after midnight on the night before your surgery. You may take any regular medications (except those listed above) as instructed by the anesthesia service or your prescribing physician with a sip of water on the morning of surgery.

**For minor surgeries planned in the office, there are no restrictions on eating and drinking.*

Transportation

A friend or family member MUST accompany you to your surgery and will be required to stay at the surgical facility until you are discharged. We cannot allow you to leave unattended, and you will not be able to drive yourself home.

Post-Operative Expectations

You will receive detailed post-operative instructions on the day of surgery.

VISION

Your vision will be blurry immediately after surgery due to ointment and weak blink. As the numbing medicine wears off and blinking returns to normal, this will improve. Blurriness will continue for the first several days after surgery and will gradually return to normal. We recommend frequent use of preservative-free artificial tears after surgery.

PHYSICAL REST

No strenuous physical activity for **one week** after surgery. No exercise, walks, stooping, straining, bending or lifting greater than 10 lbs. No yardwork. No heavy cleaning.

ARTIFICIAL TEARS

It is common for the eyes to feel dry, itchy or scratchy following surgery. We recommend the frequent use of preservative-free artificial tears to keep the eyes comfortable and to clear your vision. For severe dryness, place your postoperative ointment inside the eyes for comfort. This ointment is thick and may blur your vision temporarily.

COMPRESSES

For the first 48 hours, use ice compresses for 15 minutes of every hour you are awake. During off-time you may read, watch TV, or use the computer, but your eyes may fatigue easily. The compress will be provided, but it may be helpful to have nonstick gauze on hand to put between you and the compress.

PAIN

For mild to moderate pain, first use ice and Tylenol (acetaminophen). Additional pain medication may be prescribed to you at the surgeon's discretion.

APPEARANCE

You can expect significant bruising and swelling following your surgery, usually lasting 2-3 weeks. It is normal for bruising and swelling to be asymmetrical. Bruising and swelling will increase overnight and worsen on days 1-3, followed by slight day-to-day improvement. We recommend sleeping with your head elevated for at least two days after your surgery to help with swelling. No contact lenses or eye makeup for two weeks after surgery.

WOUND CARE

We will prescribe an ointment to apply to the stitches. You do not need to clean the wound. Stitches usually stay in for 10-14 days and are removed at your post-operative appointment. Keep all tap water out of the incision until stitches are removed.

SHOWERING

You may resume regular showers the day after your procedure, but do not let dressing or stitches get wet with tap water. You may wash your hair as normal, but do not allow tap water to run down your face. Please use only DISTILLED or BOTTLED water around the eyes until your stitches are out.

DRIVING

You may resume driving when ALL of the following have been met: You are no longer taking any pain medications; your vision is clear; and it has been at least 24 hours since anesthesia. Typically, this occurs within 3-5 days of surgery.

TRAVEL

We recommend staying close to home or in Wilmington for 2-3 weeks after surgery. If there is a complication, we need to be able to help you.

Meet Our Surgeons



To learn more about Dr. Oester and to read his full bio, visit WilmingtonEye.com/providers/Alan-Oester-Jr.

ALAN OESTER Jr., MD, FACS

Dr. Oester is a board-certified ophthalmologist and American Society of Ophthalmic Plastic and Reconstructive Surgeons (ASOPRS) fellowship-trained oculoplastic surgeon who specializes in plastic and reconstructive surgery of the face, eyelids, ocular orbits and lacrimal systems. He performs brow lifts, lid lifts, cancer reconstructions, cosmetic lower eyelid surgery, and many other procedures. Dr. Oester has been performing oculoplastic surgery exclusively since 2009 and has operated on more than 11,000 patients.

ASOPRS Fellowship in Ophthalmic Plastic & Reconstructive Surgery - Vanderbilt University Medical Center

Residency in Ophthalmology - Medical College of Georgia

Internship in Internal Medicine - Indiana University Methodist Hospital

Doctor of Medicine - Medical College of Georgia



To learn more about Dr. Escaravage and to read his full bio, visit WilmingtonEye.com/providers/George-Escaravage.

GEORGE ESCARAVAGE, MD, FACS

Dr. Escaravage is a board-certified ophthalmologist and American Society of Ophthalmic Plastic and Reconstructive Surgeons (ASOPRS) fellowship-trained oculoplastic surgeon. He provides expertise in the management of conditions affecting the eyelids and face, the tear drainage system, and the eye socket. He cares for patients of all ages with corrective, reconstructive, and cosmetic procedures of the face and eyes.

ASOPRS Fellowship in Ophthalmic Plastic & Reconstructive Surgery - UNC-Chapel Hill School of Medicine

Residency in Ophthalmology - UNC-Chapel Hill School of Medicine

Internship in Internal Medicine - California Pacific Medical Center

Doctor of Medicine - UNC-Chapel Hill School of Medicine



To learn more about Dr. Orban and to read her full bio, visit WilmingtonEye.com/providers/Molly-Orban.

MOLLY ORBAN, MD

Dr. Orban is a board-certified ophthalmologist and fellowship-trained ophthalmic plastic and reconstructive surgeon. Dr. Orban performs surgeries of the eyelids, eyebrows and lacrimal system to improve the appearance and function of the eyelids and periorbital structures. She has a special interest in aesthetic procedures and enjoys offering her patients treatments to help them look and feel their absolute best.

Fellowship in Ophthalmic Plastic & Reconstructive Surgery - Wilmington Eye, Wilmington, NC

Residency in Ophthalmology - Storm Eye Institute - Medical University of South Carolina

Internship in Internal Medicine - University of Central Florida College of Medicine

Doctor of Medicine - University of Central Florida College of Medicine



To learn more about Tracey McKinzie and to read her full bio, visit WilmingtonEye.com/providers/Tracey-McKinzie.

TRACEY MCKINZIE, PA-C

A Wilmington native, Tracey graduated from John T. Hoggard High School and received her Bachelor of Science in Health and Exercise Science at Wake Forest University. She earned her Physician Assistant degree from East Carolina University and did her clinical rotations in Wilmington. Tracey began her medical career in a family medicine practice, followed by four years in a local medspa before transitioning to oculoplastic care in 2017.

Bachelor of Science in Health & Exercise Science - Wake Forest University

Master of Science in Physician Assistant Studies - East Carolina University

Frequently Asked Questions

What happens during my oculoplastic evaluation?

During an oculoplastic evaluation at Wilmington Eye, one of our skilled providers will help you understand your condition and determine what treatment option is best for you. With the latest diagnostic tools and the experience that comes with being the regional leader in oculofacial plastic surgery, we are committed to providing you with the care that you deserve.

Does surgery hurt?

We use a combination of local and topical anesthesia as well as IV sedation to ensure that you are comfortable during your surgery. Most patients report feeling little to no pain at all during the procedure. However, soreness, achiness, eye irritation or foreign body sensation, and headaches have been reported during the first few days following surgery. For minor procedures in the office, sedation is not necessary and postoperative discomfort is often controlled with Tylenol.

Will insurance cover surgery?

Most insurances, including Medicare, will cover oculofacial plastic surgery that meets their definition for causing functional impairment. Our doctors will help you determine if you meet these criteria. In situations where the concern does not meet insurance's criteria, the procedures recommended are generally not covered by insurance and will require out-of-pocket fees. As always, consult with your insurance carrier to understand your coverage details.

How long will it take to recover from surgery?

There are many types of surgery performed by our oculofacial plastic surgery experts. The type of procedure primarily determines the amount of swelling and bruising after surgery. In addition, other medical conditions and medications also impact recovery. Your provider can provide you with a more specific range depending on these factors. Recovery can range from a few days to several weeks. The ability to return to normal daily activities typically occurs in one week.

How will my vision be affected after my surgery?

Every patient heals differently. Eyelid, tear duct, and orbital surgery will typically cause bruising and swelling of the eyelids which can last several weeks. Blurred vision typically improves as the swelling resolves. Ointment used on incisions can also get into the eyes and cause temporarily blurred vision. Increased eye dryness is common after surgery and can be addressed with over-the-counter artificial tears.



BEFORE UPPER EYELID BLEPHAROPLASTY



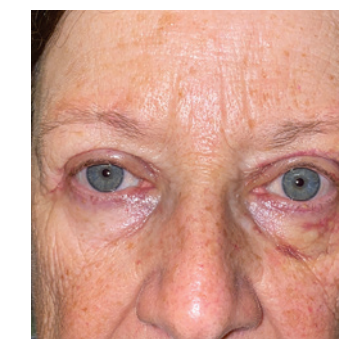
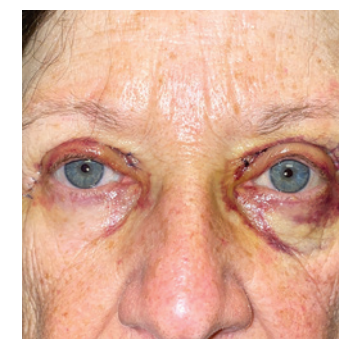
AFTER UPPER EYELID BLEPHAROPLASTY



BEFORE UPPER AND LOWER EYELID BLEPHAROPLASTY AND PTOSIS REPAIR



AFTER UPPER AND LOWER EYELID BLEPHAROPLASTY AND PTOSIS REPAIR



Asymmetric bruising that is normal for healing.

Frequently Asked Questions

How long will I be in surgery?

Time in surgery depends on the actual procedure performed and can range from 30 minutes to several hours. Due to additional pre-operative preparation and a brief post-op recovery period, your entire stay at the surgical center will be approximately 4-6 hours.

Can I drive myself to and from surgery?

You will not be allowed to drive yourself home from the surgical center on the day of your surgery. You will receive sedation during surgery, which means that you cannot legally operate a car for 24 hours. Please arrange transportation to and from the surgery facility for your surgery date. A responsible adult must accompany you and stay at the facility during your surgery.

Will I have a scar after surgery?

Any surgery that involves a skin incision will leave a scar. However, with our highly trained surgeons, every effort will be made to minimize the visibility of the scar both during and after surgery. A scar cream is available in our office and can be purchased following your first post-operative visit if recommended by your physician.

Are my results guaranteed?

The primary goal of oculofacial plastic surgery is usually to improve the function of the structures surrounding the eyes, but a secondary goal of surgery is to improve the appearance of these tissues. Most patients start out with some degree of asymmetry, and perfect symmetry after surgery is not a realistic goal. Our physicians have excellent patient satisfaction rates, and they will make every effort to achieve your collective goals.

I've been using Wilmington Eye for 10 years and have had several procedures done with them. The staff is always polite, and the doctors take their time explaining everything. I feel confident in using them and recommending them.

Barbara | oculoplastic patient





WilmingtonEye.com | 910.763.3601