Our cosmetic surgery team at The USF Eye Institute offers a wide variety of cosmetic procedures of the eyelids and face with the goal of obtaining a natural and rejuvenated appearance. Dr. Leyngold has extensive training in both eye care (ophthalmology) and cosmetic surgery as it relates to the appearance of the eye and the surrounding structures. Accordingly, he is not only able to improve the appearance of the eye, but also provide the care the eye itself may need before and after the procedure(s).

The procedures are designed to improve the appearance of the eyelids, brows, and face and allow patients to look and feel natural again. We offer the following services:

1) **Blepharoplasty & Cosmetic eyelid surgery**
2) **Forehead and brow lifts**
3) **Midface lift**
4) **Chemical peel**

**Blepharoplasty & Cosmetic eyelid surgery**

Given his training as an eye surgeon and oculofacial plastic surgeon, Dr. Ilya Leyngold is truly a cosmetic and reconstructive eyelid specialist. The eyes and eyelids are the center of facial appearance and eyelid surgery is one of the most critical and detailed type of facial plastic surgery. Blepharoplasty is the repositioning or removal of soft tissue from the upper or lower eyelids.

Upper blepharoplasty surgery is performed through a cosmetic lid crease incision allowing the surgeon to reshape the contours of the upper eyelid. Removal of redundant skin allows makeup to be used more effectively and brings out the natural beauty of the human eye. Many patients have furrows or worry lines between the eyebrows that can be surgically improved at the same time the upper blepharoplasty is performed.

Lower lid surgery is usually performed from a hidden incision on the inside of the eyelid. Fat bulges in the lower eyelid can be sculpted
and repositioned to give a more youthful, rested appearance. Filling in the hollows in the lower eyelids also assists in resolving dark circles. Brown spots and fine wrinkles can be refined from the lower eyelids with a TCA peel or re-suspension of the lower eyelids with a pleasing uplift to the outside corner.

**Frequently asked questions about cosmetic blepharoplasty and cosmetic eyelid surgery**

1) Will my insurance pay for eyelid surgery?

Insurance will often pay for eyelid surgery that is performed to improve your vision or comfort of your eyes. For instance if your upper eyelids are drooping and this is blocking your vision your insurance company may pay for upper eyelid surgery. If the upper eyelids are blocking vision insurance companies require a visual field test to demonstrate that the eyelids block your peripheral vision and that the vision is improved by elevating the eyelids. If your lower eyelids are droopy and this is causing eye irritation or watering of the eyes, your insurance company may pay for correction of this problem. Insurance companies typically require that the medical need is documented with photographs.

Some problems like bags in the lower eyelids do not affect vision and are never paid for by the insurance companies. Other problems like excess skin in the upper eyelids can affect vision when severe enough and are paid for by insurance companies when photographs and visual fields document a medical need for the surgery. Many of the procedures we perform are done only to improve appearance and these cosmetic procedures are not paid for by your insurance company. One of the goals of a consult with the doctor is to determine what procedures you may benefit from and to inform you on cost associated with those procedures.

2) Can ptosis of the upper eyelids (droopy upper eyelids) or droopy lower eyelids that cause eye irritation be addressed at the same time as the cosmetic eyelid surgery is performed?

Yes. It is very common for patients to have surgery done to improve function at the same time that the cosmetic surgery is done. The portion of the surgery that is done to improve eyelid function may be covered by your insurance company.
3) Is an incision made in the skin when performing upper blepharoplasty surgery?

Yes. In all cases of upper eyelid blepharoplasty surgery there is excess skin in the upper eyelids. Removal of this excess skin is only possible with an incision in the upper eyelid skin. Fortunately, the skin of the upper eyelid is very thin and typically heals with little or no scarring. Furthermore, the incision site can be hidden in the crease of the upper eyelid allowing the incision to be hidden while healing. We often use absorbable sutures that do not require removal.

4) Is fat removed from the upper eyelids when upper eyelid blepharoplasty is performed?

The tendency is to leave as much fullness in the upper eyelids as possible. Removal of too much fat from the upper eyelids can give one a hollow appearance that is not desirable. Often the fat pad in the upper eyelid adjacent to the nose is bulging forward and is reduced in size at the time of upper blepharoplasty surgery. This is done conservatively to get rid of the bulge without causing a hollow appearance.

5) Can the eyebrows be lifted or the lines between the eyebrows removed with upper blepharoplasty surgery?

Yes. This can be done through either an eyelid crease incision or via a forehead lift procedure.

6) Who needs an upper eyelid lift versus an eyebrow or forehead lift?

Patients with droopy brows, in addition to droopy eyelids, benefit from having their brows addressed at the same setting as their eyelids. This achieves the best functional and cosmetic results.

7) If I have an upper blepharoplasty surgery will I be able to close my eyes afterwards?

Yes. The upper eyelids are central to form and to visual function. Removal of too much skin from the upper eyelids does not look natural and causes problems with lid closure. Dr. Leyngold is an expert in both ophthalmology and eyelid plastic surgery which is why he is acutely aware of the need for the lids to look normal as well as to function normally after eyelid surgery.

8) Where is the incision made when performing lower blepharoplasty surgery?
The incision is made on the inside of the lower eyelid avoiding a creation of an external scar. Most patients with bags in the lower eyelids have little or no extra skin in the lower eyelids. The bags are typically caused by extra fat or fat that is positioned abnormally. For most patients skin removal is not advocated. If skin is removed from the lower eyelid when there is no extra skin to be removed the lower lid will be lowered so that the whites of the eyes show between the lower lid and the colored part of the eye. This is called lower eyelid retraction. Lower eyelid retraction is actually a sign of aging and creating this problem with surgery makes one look older.

9) I have wrinkles and texture changes in my lower eyelid skin. Shouldn’t this be corrected by removing skin from the lower eyelids?

Patients often have wrinkles or texture changes of skin of the lower eyelids. Texture changes cannot be improved with removal of skin from the lids without causing eyelid retraction. They can often be safely improved by performing a TCA chemical peel at the same time as or following the lower blepharoplasty surgery.

10) Is removal of skin from the lower eyelids ever warranted?

Dr. Leyngold removes skin from the lower eyelids in less than 5% of patients undergoing lower eyelid blepharoplasty surgery. It is done when there is so much excess skin in the lower eyelid that it cannot be tightened with a chemical peel.

11) I have never had eyelid surgery and I have droopy lower eyelids with white showing between the lower eyelid and the colored part of the eye. Can I still have cosmetic lower eyelid blepharoplasty surgery done?

This is a common situation. The lower lids become loose with age and in addition to removing the bags from the lower eyelid the lid can be horizontally and vertically tightened to reduce this droop of the lower eyelid.

12) Where is the incision made to correct bags in the lower eyelids?

The incision is made through the pink tissue on the back of the lower eyelids. Using this incision site the surgeon can remove excess fat in the lower eyelids or reposition the lower eyelid fat into the dark circle in the lower eyelid. This incision is hidden behind the lower eyelid and is not visible when healing.

13) Does the lower blepharoplasty surgery simply involve removing fat from the bulges in the lower lids?
Well done cosmetic eyelid surgery needs to correct all of the problems that have occurred with facial aging to make the lid look more youthful. Some patients only have extra fat in the lower eyelids. This is typically not an aging change as it is first noted as early as high school. In these patients fat removal alone can often correct the entire problem. However, most patients develop bags in the lower eyelids as a result of facial aging. In this situation the changes that need to be addressed are more complicated than simply removing fat from the lower eyelids. Simply removing fat from the lower eyelids of an aging face can cause a hollow appearance and hollow lower eyelids make one look older, not younger.

14) What is the relationship between dark circles in the lower eyelids, bags in the lower eyelids, and facial aging?

A number of changes may occur in the lower eyelid that causes bags and dark circles. A young normal lower eyelid is full, short, and has no dark circle under it. With aging of the face the fat from the cheek and the lower eyelid separate. This occurs because the cheek descends or droops with aging which makes the lower eyelid look longer and allows the eyelid fat to move forward. This creates an empty space between the fat of the lower eyelids and the fat of the cheek just at the edge of the bone along the lower eyelid. The situation can be described as two mountains separated by a valley. The first mountain is the bulging lower eyelid fat. The second mountain is the drooping cheek fat. The valley lies between. We are normally in overhead lighting so that the bulging fat of the lower eyelid creates a shadow in the valley making it appear like a dark circle at the intersection of the cheek and lower eyelid.

15) How can lower blepharoplasty surgery correct bags and dark circles?

The operation needs to be customized to the patient. In many patients the result is best if some of the drooping lower eyelid fat is transposed in addition to being removed. In some patients the result is even better if the drooping cheek or mid-face is also lifted.

16) What is fat transposition?

Fat transposition involves moving fat from the eyelid into the valley between the cheek and the eyelid. In other words, the fat from the lower eyelid is moved down to fill in the dark circle.

17) Where is the incision made to lift a drooping cheek?
This varies from patient to patient, but it may be made either in the upper eyelid, the lower eyelid, or behind the temporal hairline. You should discuss this with the doctor.

18) What is involved in recovery from eyelid surgery?

Recovery varies on the exact procedure performed and the individual patients. Generally, eyelid surgery results in bruising and swelling of the eyelids. We ask that patients plan on being at home on the day of surgery and two additional days. During these first days ice is applied to the eyelids to reduce bruising and swelling. After the third day most patients can drive a car and get about without much difficulty. We ask that patients avoid heavy lifting and strenuous exercise for two weeks after the procedure. Most patients will wear sunglasses for 2-3 weeks to hide bruising and swelling. We will provide you with detailed written instructions prior to your procedure.

20) Can eyelid surgery cause complications?

All medical procedures have some risk. You should discuss the risk of complications with your doctor prior to surgery so you can make an informed decision on how to proceed. Many patients select Dr. Leyngold for their surgery because they believe that the risk of complication with cosmetic and/or reconstructive eyelid surgery may be less when the procedure is performed by a surgeon with special training in ophthalmology and plastic surgery of the eyelids who is very experienced in performing eyelid surgery.

Please do not hesitate to discuss any questions or concerns you may have regarding eyelid surgery with Dr. Ilya Leyngold.
Eyelid surgery Before & After Pictures
Forehead and Brow lifting procedures

Key elements of the upper portion of the face are the eyebrows and forehead. The brows are central in conveying human emotion. Downward slanted eyebrows convey sadness or anger while droopy eyebrows convey an aged or tired look. Forehead lift is a facelift of the upper portion of the face that elevates and shapes the eyebrows while removing droopiness and wrinkles from the forehead. In addition, we offer an internal brow lift as another alternative to elevating the brows.

The Endoscopic forehead lift is performed utilizing an innovative surgical device via small incision hidden behind the hairline.

The Internal brow lift is a common approach and is performed in conjunction with upper blepharoplasty. Internal brow lift is accomplished via the same incision used to rejuvenate the upper eyelids and it is effective in raising the eyebrows and removing the furrows between the brows.

Dr. Leyngold is an expert in these techniques and you should discuss with him the method that will give you the best results.

Frequently asked questions about forehead and brow lifts

1) Who should consider having an eyebrow lift or forehead lift?

Patients rarely come to the USF Eye Institute requesting an eyebrow lift or forehead lift surgery. Since the eyebrow droop results in appearance of excess skin in the upper eyelids patients who need an eyebrow or forehead lift nearly always present requesting upper eyelid surgery. When one pushes down on their eyebrows the biggest change is the extra fullness that appears in the upper eyelids.

2) Do all patients with extra skin in the upper eyelids need an eyebrow or forehead lift surgery?

No. Patients who request upper eyelid surgery can be divided into three groups based on recommendations for forehead lift or eyebrow lift surgery. The first group does not have droopy eyebrows or forehead and do not need eyebrow or forehead lifting surgery.

The second group has mildly droopy eyebrows and would achieve a much better result from upper eyelid surgery if eyebrow or forehead lift surgery is done at the same time.
In this group of patients an internal brow lift is often recommended.

The third group of patients have moderate to severely droopy eyebrows. Close your eyes and put your fingers on your eyebrows. If your eyebrows fall below the boney orbital rim then you are in the third group. This group of patients will not get a good cosmetic result from upper eyelid surgery unless something is done to elevate the eyebrow or forehead. If only upper eyelid surgery is done in this group of patients it will lower the eyebrow as much as it raises the eyelids. A low eyebrow with a high eyelid actually makes one look angry which is never a desirable outcome from facial surgery. In this group of patients we typically recommend a forehead lift.

3) What is an endoscopic forehead lift?

This is a method of lifting the forehead and the eyebrows in order to reduce wrinkles in the forehead and reduce droopiness of the eyebrows with the use of an endoscope. It is a small incision and rapid recovery procedure.

4) Where are the incisions made for an endoscopic forehead lift?

One set of incision sites is made behind the temporal hairline and this incision runs parallel to the hairline. Another set of incisions is made behind the central hairline and this incision is vertical so it runs perpendicular to the hairline. The incisions are about an inch long and are nearly invisible as they heal behind the hairline. This pattern of incisions is adjusted for men with male pattern balding and the procedure can be performed on men with very little hair.

5) What is an endoscope?

An endoscope is a surgical instrument that has a light source and a camera built into the same device. The instrument can be inserted through small incision sites allowing surgery to be performed in a less invasive fashion. In addition to use in cosmetic surgery, this device is used in sinus surgery and other functional procedures.

6) How does an endoscopic forehead lift elevate the forehead?

The attachments of the soft tissues to the bone are loosened with the use of an endoscope. The forehead can then be lifted and fixed in a higher position.

7) What is the main benefit of the small incision surgery performed with an endoscope?

The endoscopic forehead lift has high patient and surgeon acceptance because it
allows surgery to be done with quicker recuperation and less chance of a visible scar.

8) What is recovery like for endoscopic forehead lift surgery?

Most patients at the USF Eye Institute undergoing endoscopic forehead lift surgery will simultaneously have eyelid surgery. Eyelid surgery typically causes more bruising and swelling than forehead lift surgery so the recovery is limited by the three weeks it typically takes for the eyelid bruising and swelling to resolve. The stitches in the incision sites behind the hair dissolve or are removed about two weeks after surgery. Patients may shampoo the hair the day after surgery, but should not scrub adjacent to the incision sites. We ask that patients avoid hair coloring or other harsh chemicals in the hair for three weeks after surgery. Many patients who have forehead lift surgery will temporarily get numbness of the forehead. The numbness typically resolves over a course of several months.

9) What is an internal brow lift surgery?

This is a method of lifting the eyebrow using the same incision used to remove excess skin from the upper eyelids.

10) How does an internal brow lift elevate the eyebrow?

Tissue that holds the eyebrow down is released allowing the eyebrow to move upward. Sometimes stitches are used to support the eyebrow in the higher position.

11) Will an internal brow lift reduce wrinkles in the forehead?

No. In order to remove wrinkles in the forehead one has to lift the forehead as well as the eyebrows.

12) Will insurance pay for a forehead lift surgery?

No.

13) Will insurance pay for an eyebrow lift surgery?

In our experience insurance companies will pay for eyelid surgery when it impairs vision. However, when droopy eyebrows impair vision many insurance companies will not pay for eyebrow surgery.

14) What are the main advantages of an internal brow lift over an endoscopic forehead lift?

An internal brow lift can be performed through the same incision as the upper
blepharoplasty surgery so no additional incisions need to be made. It can be performed in the office setting while an endoscopic forehead lift surgery must be performed in a surgery center. The internal brow lift is less expensive.

15) What are the main advantages of an endoscopic forehead lift over an internal brow lift?

An endoscopic forehead lift is a facelift of the upper portion of your face while an internal brow lift just elevates your eyebrows. An endoscopic forehead lift reduces wrinkling of the forehead and an internal brow lift will not do this. An endoscopic lift can also lift the crows feet area just adjacent to the outer corner of the eyelids and it is easier to correct downward slanting eyebrows and asymmetrical eyebrow with an endoscopic forehead lift surgery than with an internal brow lift.

16) What are the corrugator muscles?

These are the muscles that create vertical wrinkles in the area between the eyebrows. Patients do not like these wrinkles as they can make one look concerned, intense, or angry.

17) What can be done to get rid of the vertical wrinkles in the area between the eyebrows?

These wrinkles can be reduced by weakening the corrugator muscle with either Botox or surgery. Botox requires repeat injections but no recuperation period. Surgery is typically only performed once, but requires a period for recuperation.

18) Where is the incision site to weaken the corrugator muscles?

The incision for upper blepharoplasty surgery is used to remove the corrugator muscles.

19) What is recuperation like for corrugator weakening surgery?

Most patients have upper eyelid surgery done at the same time. This results in bruising and swelling that typically resolves after three weeks. Patients may also get some numbness between the eyebrows after this procedure and this can take several months to resolve.

20) Is there risk involved in eyebrow and or forehead lift surgery?

Yes. There are risks involved in all medical procedures. Dr. Leyngold will be glad to
discuss this risk with you so you can make an informed decision.

Before and After Endoscopic forehead lift
**Midface lift**

With the passage of time the cheeks and midface begin to descend. This process creates a sad, tired look with deepening of the nasolabial folds.

Dr. Leyngold utilizes techniques that elevate the sagging cheeks through invisible eyelid incisions, giving a more youthful appearance and higher appearing cheek bones. Midface lift is often done in conjunction with blepharoplasty.

**TCA chemical peel**

With the passage of time the facial skin develops fine wrinkles and irregular brown or red splotches of pigment. We often employ TCA chemical peels at the time of facial cosmetic surgical procedures to remove brown spots and reduce fine wrinkles. The chemical peel heals over the same time course as the surgery.
To obtain consultation please call........