Droopy Eyelids: Problems and Treatments

Craig Lewis, MD
Disclosure Statement

• Speaker, Craig Lewis, M.D. has a financial interest/agreement or affiliation with Lansing Ophthalmology where he is a shareholder and employed as an oculoplastic specialist.

• I have no financial interest in any of the products discussed.

• Off-label use: I will discuss off-label use of botulinum toxin products.
Oculoplastic Specialist

• What is oculoplastics?
  – Specialized field of ophthalmology: ASOPRS
    • Eyelids
    • Tear drain
    • Orbit
  – Medical problems
  – Cosmetic concerns
Droopy Eyelids
Droopy Eyelids

• Droopy upper eyelids
  • Extra eyelid skin
  • Ptotic upper eyelid
  • Droopy eyebrow

• Droopy (loose) lower eyelids
  • Outward turning (ectropion)
  • Inward turning (entropion)
  • Floppy eyelid syndrome

• Eyelid surgery basics
• Q & A
Upper Eyelid Changes
Eyelid Problems

- Extra upper eyelid skin
  - Blocks vision
  - Heavy, tired sensation
Eyelid Problems

• Extra upper eyelid skin: Dermatochalasis
  – Problem: Extra skin hangs over eyelid
  – Cause: Time + gravity + movement of eyelids
  – Treatment: Blepharoplasty surgery
Eyelid Problems

- Blepharoplasty surgery
  - Treats extra skin hanging over eyelid
  - Removes redundant skin and extra fatty tissues
Blepharoplasty

• Steps:
  – Mark skin
  – Remove flap of skin and orbicularis muscle
  – Open orbital septum to remove fat
  – Close skin
Blepharoplasty

Possible Incisions
Blepharoplasty
Potential Benefits of Surgery

• Side vision improved
• Reading vision better (more light)
• Less strain by not lifting brow
• Rested appearance
Possible Complications

- Hemorrhage
- Lagophthalmos
- Retraction
- Under-correction
- Over-correction
- Ptosis
- Web
- Crease
Blepharoplasty
Blepharoplasty

Before

After
Ptosis

Drooping of eyelid due to weakness of the lifting muscle.

Excess skin

 Weak lifting muscle
Eyelid Problems

• Ptotic upper eyelids
  – Blocks vision
  – Tired sensation, often worse in evening
  – Brow aches

Eyelid not open enough
Eyelid Ptosis

- Droopy upper eyelids
  - Problem: Eyelid does not open far enough to see well
  - Cause:
    - Most common: gradual stretch or dehiscence of levator palpebrae superioris or Muller’s muscle
    - Other causes, some serious
Levator palpebrae superioris

Muller’s muscle
Eyelid Ptosis

• Potential serious causes:
  – Muscle disorders
    • Myasthenia Gravis, Lambert-Eaton Syndrome
  – Nerve disorders
    • Multiple sclerosis, compression from mass (lung cancer)
  – Blood vessels problems
    • Aneurysm, Diabetes
  – Orbital disease
    • Orbital mass, Graves Eye Disease
Eyelid Ptosis

• Potential serious causes:
  – Warning signs:
    • Droopy lid + double vision
    • Droopy lid + pain/headache
    • Suddenly droopy lid
Eyelid Problems

• Ptotic upper eyelids
  – Most common cause: stretching levator muscle
  – Treatment: Eyelid ptosis repair surgery

• Eyelid ptosis repair surgery
  – May be done from under the eyelid or through the skin
Blepharoptosis surgery

• Internal approach: CML
  – Conjunctivo-mullerectomy-levator resection
  – All from inside, no skin incision
  – Advantages: natural contour, no skin scar, more predictable

• External approach: ELR
  – External levator resection
  – From outside through bleph-type incision
Blepharoptosis surgery: CML
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Blepharoptosis surgery: CML
Ptosis

Before

After
Ptosis

Before

After
Ptosis
Ptosis

Before

After
Ptosis surgery: Complications

- Bleeding
- Retrobulbar hemorrhage: rare after CML
  - Orbital septum not violated
- Lagophthalmos
- Retraction
- Under-correction: most common complication
- Over-correction: rare
Congenital Ptosis

- Causes:
  - Poor development of levator muscle
  - Horner’s syndrome
  - Many others

- Problems:
  - Amblyopia
  - Abnormal head position

Photo from: http://www.aapos.org/terms/conditions/90
Congenital Ptosis

• Challenges:
  – Poor levator muscle function cannot be directly improved
  – Lagophthalmos may worsen after ptosis repair
  – Cosmetic concerns

Photo from: http://www.aapos.org/terms/conditions/90
Eyebrow Position

- Determine normal for each individual
- Maintain facial expression
- Proportional to face
Eyelid Problems

• Droopy eyebrow skin
  – Blocks vision, especially to the side
  – Heavy sensation
Eyebrow ptosis

- Droopy eyebrow skin
  - Problem: Extra tissue from eyebrow hangs over eyelid
  - Cause: Time + gravity
  - Treatment:
    - Eyebrow ptosis repair surgery
    - BOTOX® brow lift
BOTOX®

- Purified BOTOtulinum TOXin
- Temporarily weakens muscles
  - 3 month effect per treatment
- Indicated for wrinkles between brows (glabellar area)
- Black-box warning 2009
- Other similar drugs:
  - Dysport®, Myobloc®, Xeomin®
Eyebrow Surgery

• Above eyebrow
• Above hairline
• Hairline
• Forehead Crease
• Internal (through eyelid surgery opening)
Eyebrow Surgery

Before

After
Eyebrow and Upper Lid Surgery

Before

After
Brow Surgery

Before

After
Part I: Droopy Eyelids

- Droopy upper eyelids
  - Extra eyelid skin
  - Ptotic upper eyelid
  - Droopy eyebrow
- Droopy (loose) lower eyelids
  - Outward turning (ectropion)
  - Inward turning (entropion)
  - Floppy eyelid syndrome
- Eyelid surgery basics
- Q & A
Droopy Lower Eyelids

• Eyelid entropion
  – Lower eyelid that rolls in
  – Problem: Irritation as lashes rub against eye
  – Cause: Loose eyelid with spasm of orbicularis oculi muscle
  – Treatment:
    • Usually surgery
    • BOTOX®
Eyelid Problems

• Eyelid ectropion
  – Lower eyelid that turns out
  – Problem: Irritation or tearing as eyelid doesn’t protect eye
  – Causes:
    • Usually loose eyelid (time and gravity)
    • Mechanical (ex: tumor)
    • Cicatricial (ex: dermatitis, postsurgical)
  – Treatment: Drops or ointment, often surgery
Cicatricial Ectropion

Lower eyelid blepharoplasty complication
Cheeklift

Loose lower eyelids
Cheeklift and Upper Eyelid Blepharoplasty

Before

1 month after
Cheeklift and Upper Eyelid Blepharoplasty

Before

1 year after
Eyelid Problems

• Floppy eyelid syndrome
  – Chronic eye irritation due to extremely loose eyelids
  – Often worse on ‘downhill’ side
    • Eyelid turns over while sleeping
  – Strong association with obstructive sleep apnea
  – Treatment: Shield eyes at night, surgical eyelid tightening, identify and treat OSA
FAQs and Eyelid Surgery Basics
FAQs

• Will insurance cover surgery costs?
• Where is surgery performed?
• What type of sedation is used?
• How long does surgery take?
• How long is recovery?
FAQs

• Does insurance cover eyelid surgery?
  – Lower eyelid malpositions: Yes
  – Upper eyelid/eyebrow surgery: Maybe...
    • Must meet criteria
    • Varies by insurance carrier
FAQs

• Medically necessary upper eyelid surgery criteria:
  1. Causes problem with comfort or vision
     • Blocks vision, heavy, tired feeling
     • No good: Hard to put on make-up, looks bad in mirror
  2. Blocks vision by visual field test
  3. Photos: Eyelid skin drapes over eyelashes OR eyelid crosses near pupil
Eyelid Surgery Basics

• Out-patient surgery at surgical center or hospital
• Monitored anesthesia care most common
• ~1/2 hour per eyelid surgical time
Eyelid Surgery Basics

- Comfort/recovery
  - Most patients have some discomfort/pain for a few days after surgery
  - Usually patients feel fine within 2-4 days after surgery
  - Bruising/swelling universal
Eyelid Surgery Basics

• Scars
  – Any skin incision will leave a scar
  – Eyelid skin is thin & scars are usually minimal

• Follow-up
  – 1 week post-op
    • Remove any stitches
  – 6-8 weeks follow-up visit
Eyelid Surgery Basics

- **Down time**
  - Plan for **two week recovery**
  - Vision may be blurry for several days
  - Swelling/bruising for 1-3 weeks
  - During recovery: read, watch TV, listen to music, chat on phone all OK
Eyelid & Eyebrow Surgery

Early Recovery

- Inactivity for 2 to 3 days
- Ice packs for 2 days
- Ointment to suture line
- Can usually drive in 2-3 days
- Avoid strenuous activity for 2 weeks
Eyelid & Eyebrow Surgery

Late Recovery

- “Tight” sensation in eyelid area
- Incision line blends after 3-5 months
- Some swelling in upper & lower lid area
Questions and Answers
Thank you!