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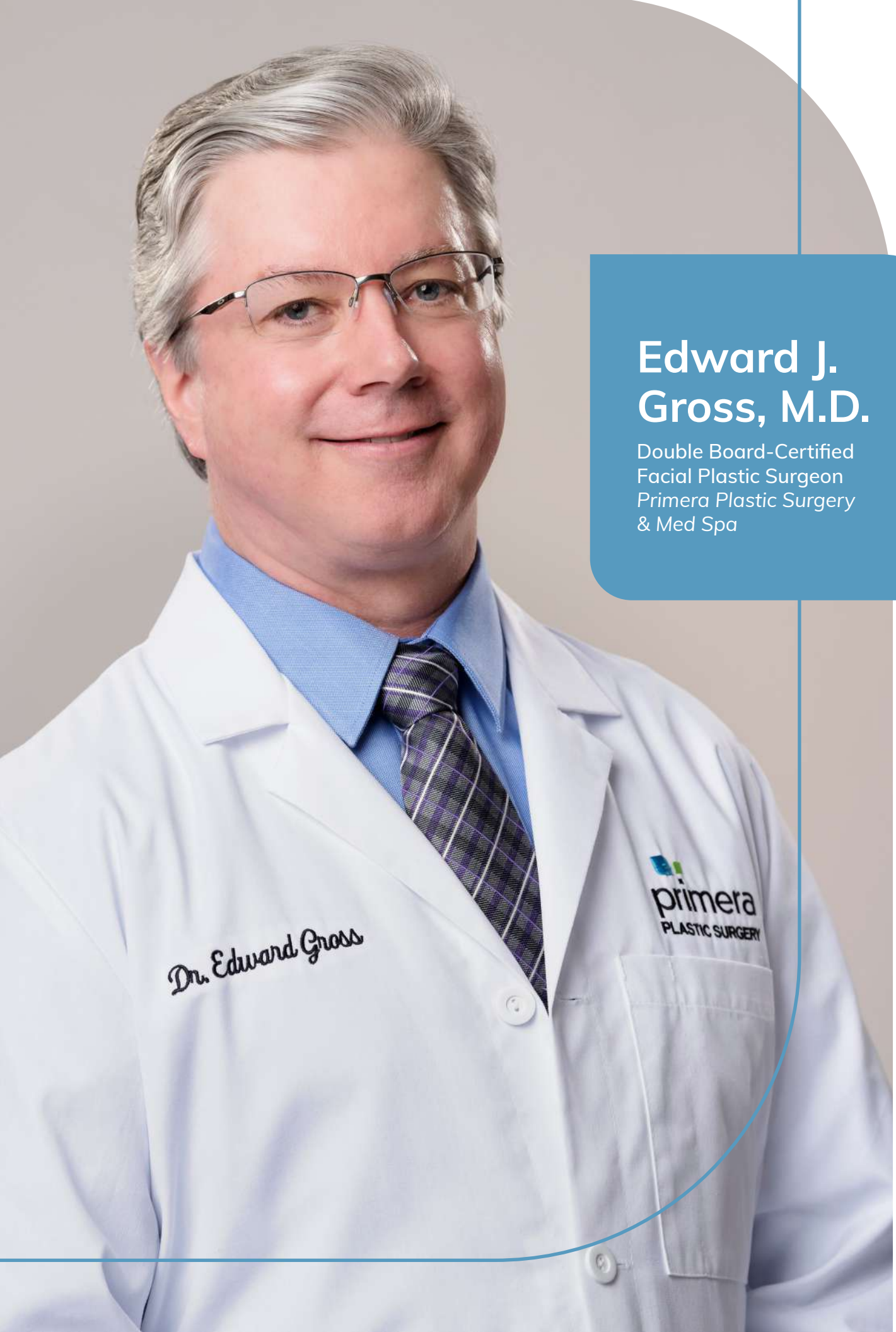
YOUR GUIDE TO BLEPHAROPLASTY

The lift that lets you look more like you



Edward J. Gross, M.D.

Double Board-Certified
Facial Plastic Surgeon
Primera Plastic Surgery
& Med Spa

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REVITALIZE AND REFRESH YOUR EYES

Dear patient,

Thank you for choosing us as you discover more about eyelid surgery. Blepharoplasty (bleh-far-oh-plast-ee) is a safe and effective way to address any issues you may have with the sagging, droopy, or puffy skin around your eyes. As with any surgery, we know you may have questions and concerns. We've prepared this e-book to serve as your guide, and of course, you are always welcome to contact our office for additional information.

I look forward to helping you achieve a refreshed and awake appearance through blepharoplasty.

All the best,

Edward J. Gross, M.D.

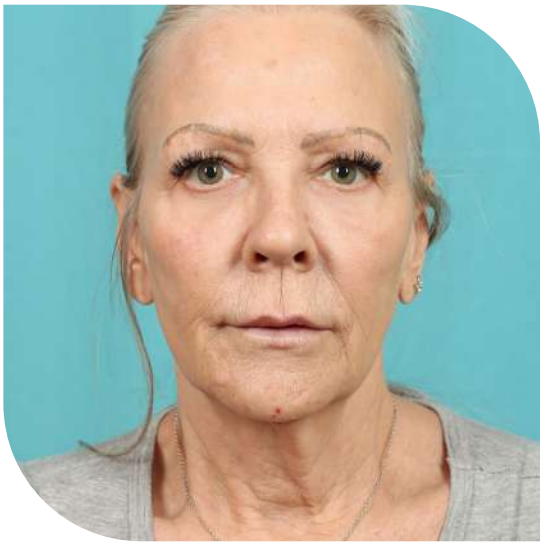
CAROL, 63

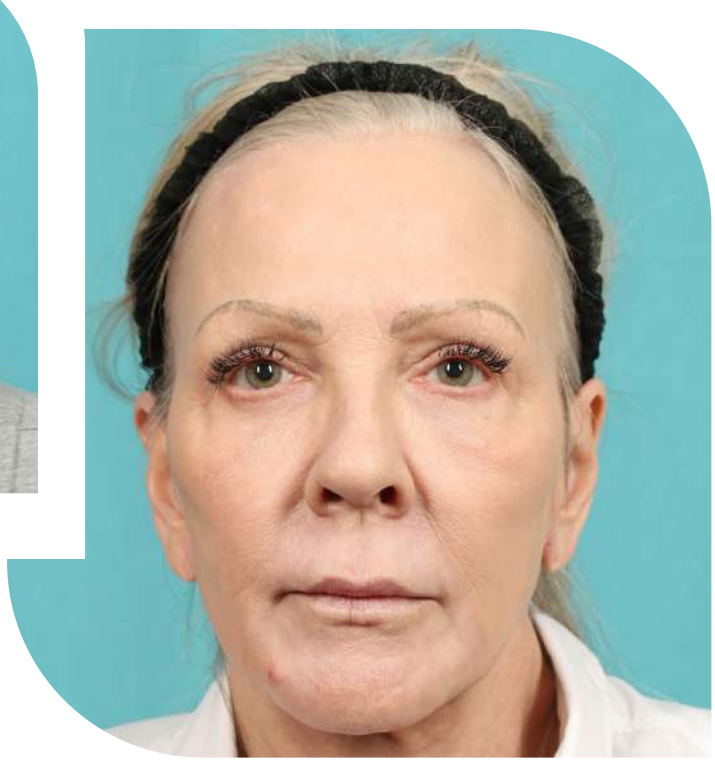
Upper Blepharoplasty

After photos are 6 months post-op.

BEFORE

AFTER





*Actual patient of Dr. Gross.

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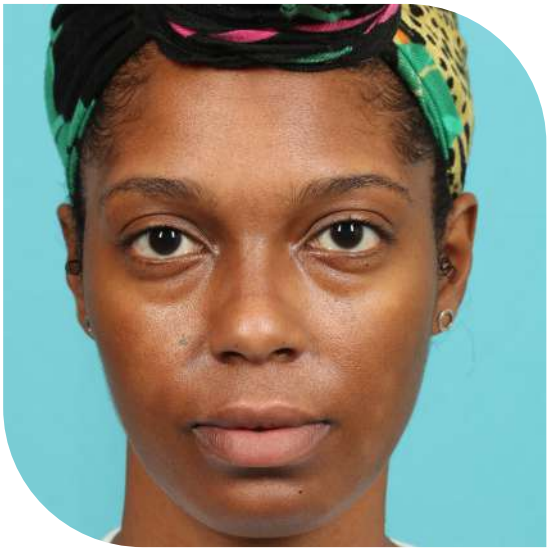
WHAT IS BLEPHAROPLASTY?

Blepharoplasty, also known as eyelid surgery, is a cosmetic procedure that removes excess skin and fat from the upper or lower eyelids. This can help to improve the appearance of drooping or sagging eyelids, and it can also help to improve vision by removing any obstructions. The main benefit of blepharoplasty is that it makes the eyes look less tired and more youthful, which boosts confidence and self-esteem.

LATOYA, 37

Lower Blepharoplasty - TCB Technique

After photo is 1 month post-op.



BEFORE

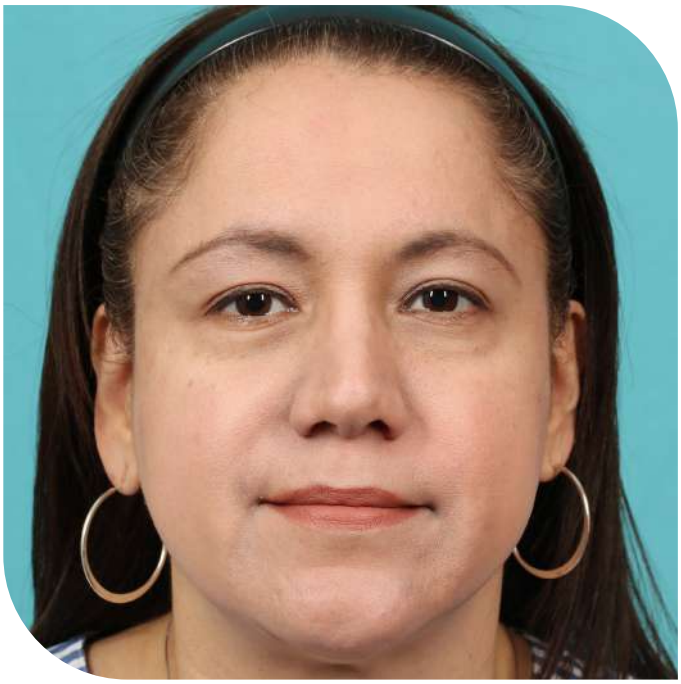
AFTER

*Actual patient of Dr. Gross.

BRENDA, 50

Upper and Lower Blepharoplasty

After photo is 1 year post-op.



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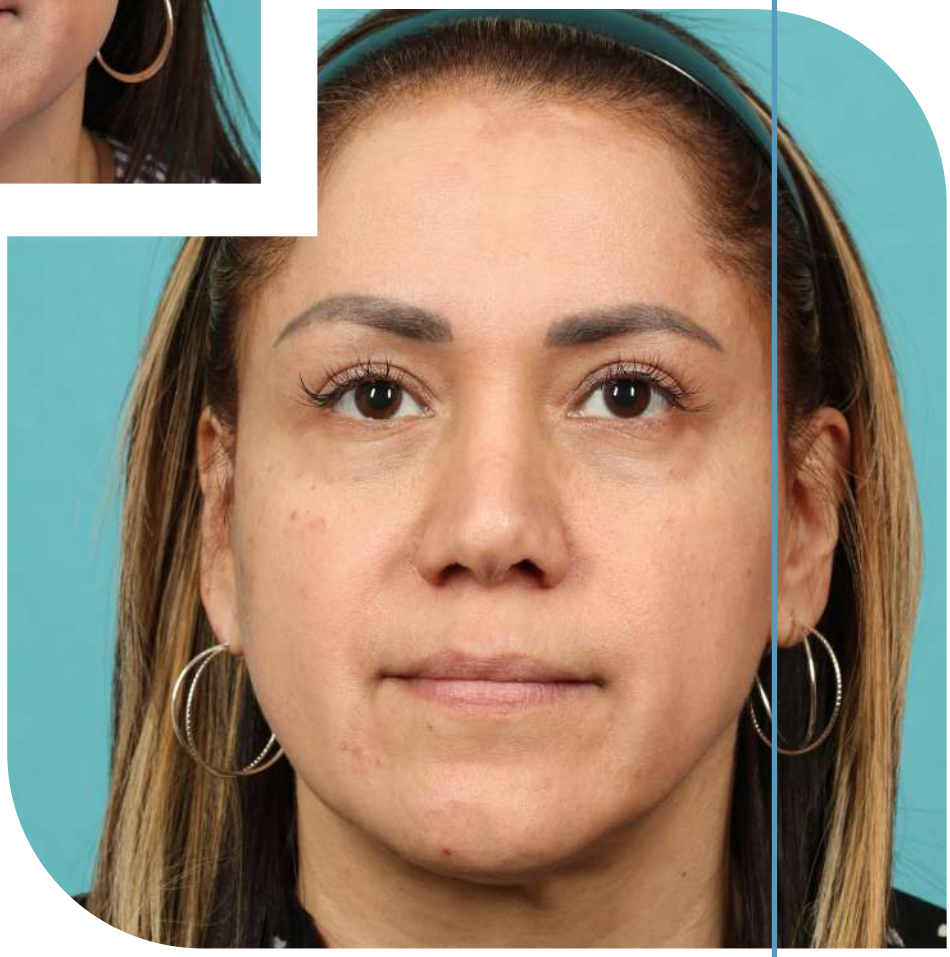

AFTER

*Actual patient of Dr. Gross.

Google Review:
"I have felt so comfortable knowing that the work they do is 100% guaranteed to make you shine."
-Brenda

★★★★★

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ARE YOU A CANDIDATE FOR BLEPHAROPLASTY?

You may benefit from a blepharoplasty if you have any of the following concerns:

- Excess skin that obscures the natural folds of the upper eyelids
- Loose skin that hangs down from the upper eyelids, which is sometimes severe enough to impair vision
- Puffiness in the upper eyelids that makes you look tired
- Excess skin and fine, “crepe paper” wrinkles along the lower eyelids
- Lower eyelid droopiness and bags

HOW COMMON IS BLEPHAROPLASTY?

Blepharoplasty is a very common cosmetic procedure, with over 200,000 blepharoplasties performed in the United States each year. Blepharoplasty is performed regularly on both men and women.

EYELID SURGERY IS THE 2ND MOST POPULAR COSMETIC SURGICAL PROCEDURE

95% OF PATIENTS REPORT A HIGH RATE OF SATISFACTION AFTER THEIR EYELID SURGERY

Google Review:
"I highly recommend Primera for your facial cosmetic surgery needs. I am so glad I decided to go to the best."
- Kathy

★★★★★

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HOW IS BLEPHAROPLASTY PERFORMED?

Blepharoplasty, as a stand-alone procedure, is usually performed under general anesthesia for the patient's comfort. Dr. Gross will make an incision in the natural crease of the eyelid, and will then remove any excess skin and fat. The incisions are usually closed with dissolvable stitches.

Each procedure is unique and the total time in surgery depends on whether it involves the upper eyelids or lower eyelids, or both. Most cases take about 1 to 2 hours.

WHAT DOES RECOVERY LOOK LIKE?

Recovery from blepharoplasty is usually quick and easy. Most people resume normal activities between ten days to two weeks after their procedure. While patient experiences may vary, you should be able to read in 2 to 3 days, drive in 7 days, and return to work in 7 to 10 days. You can resume wearing contact lenses within two weeks. However, patients should avoid strenuous activity or exposure to sunlight during recovery.

WHEN WILL I SEE RESULTS?

It can take several weeks for swelling to subside. However, many patients feel confident enough to return to work as soon as ten days to two weeks after surgery. Once the skin around your eyes has completely healed, you should see the results within four to six weeks.

Facebook Review:
"My surgery went exactly as planned. Everyone was super nice and very cooperative."
-Sarah
★★★★★

"Dr Gross and his team are very knowledgeable and care about each and every patient."
-Rachel
★★★★★

"Very professional and each time you meet it seems you are meeting a good friend."
-Kim
★★★★★

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HOW MUCH DOES IT COST?

Plastic surgery costs are determined by several factors, including your location, the severity of your symptoms, and where the surgery is performed (hospitals, surgical centers, private facilities). Since all of these variables can affect the price, it can be challenging to give an exact number.

During your consultation, Dr. Gross and his team will take the time to go over your options with you and provide a price quote that reflects the specifications of your surgery. Dr. Gross is pleased to offer financing options to help his patients afford eyelid surgery. Our staff will work with you to create a plan that fits your lifestyle.

WE ACCEPT ALL MAJOR CREDIT CARDS, AS WELL AS CASHIER'S CHECKS AND CASH.

WE HAVE FLEXIBLE FINANCING CHOICES AVAILABLE THROUGH CARECREDIT®

AAAASF Surgery Center On-Site

PATTY, 53

Lower Blepharoplasty

After photo is 1 year post-op.

BEFORE

AFTER

*Actual patient of Dr. Gross.

BEFORE

AFTER

Continue for Patty's Story

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COSMETIC SURGERY TRANSFORMATION RESTORES WOMAN'S SELF-CONFIDENCE

Patty suffered for years from puffy, tired-looking eyes that made her feel old whenever she saw herself in the mirror. The result was a lack of self-esteem that prevented Patty from looking and feeling her best.

"I originally came to Primera Plastic Surgery to get my eyes done because I had a long history of very puffy eyes and had lost a lot of self-confidence," Patty says. "I didn't need to make myself prettier or be this picture-perfect person."

Patty's sense of self was transformed after she met with Edward J. Gross, M.D. Dr. Gross recommended that Patty use PRP to enhance and augment a series of cosmetic medical procedures he had recently performed on her including blepharoplasty, a mini facelift, and intense pulsed light (IPL).

"The biggest benefit is the overall self-confidence and that feeling of 'wow' you can change something that you can't physically change yourself," says Patty. "I chose Dr. Gross because I heard he was the best, and now I feel like I walk a little taller and smile a little larger."

"The biggest benefit is the overall self-confidence."
-Patty

UPPER BLEPHAROPLASTY POST-OP CARE INSTRUCTIONS

- Wear Lid Lift Goggles for the first 4 hrs after surgery and for 80% of the day, for 2 days (remove goggles to see for essential tasks, such as walking to the bathroom or kitchen). Be sure to use oval eye pads to cover each eye before putting on goggles.
- Apply Vaseline ointment to eyelid suture lines with a Q-tip 3 times a day, starting the morning after surgery.
- Three days after your surgery, place 4x4 gauze pads soaked in a sterile saline solution over each eye. Place frozen peas or a cold compress over the gauze pads to alleviate inflammation (for 10-minute intervals several times per day).
- Apply Natural Tears® eye drops 3 times a day, beginning the morning after surgery.
- Sleep in an elevated position on 3-4 pillows or in a reclining chair for the first week to decrease swelling.
- No driving for 3 days/ No lifting or extreme exercise for 2 weeks/ No contacts for 2 weeks.
- If you also received a transbleph browlift, do not remove or adjust the endotines that Dr. Gross placed above your eyebrows. These will naturally dissolve in approx. 3 months.

EXPECTATIONS

- Rust-colored or bloody tears are normal during the first week.
- Temporary bruising and swelling will occur during the first week.
- Expect bumps and swelling along the suture/ incision line.
- These symptoms may last a few weeks to a month after surgery.
- You may experience blurred vision and tearing for approximately 2 weeks after surgery.
- Blinking may be difficult or sluggish for the first week.
- Avoid sun or windburn for six months.
- After surgery, Dr. Gross recommends using one of our medical grade skin care eye creams on the affected area to encourage healing.
- Women may begin to apply makeup around the tenth day after surgery (be sure to check with Dr. Gross for approval).

FOLLOW UP APPOINTMENT:

Scheduled 8-10 Days Post-op Surgery

Primera – For questions and concerns, please call/text our office at 407.333.3040 to reach one of our team members. **If you have an emergency call 911**.

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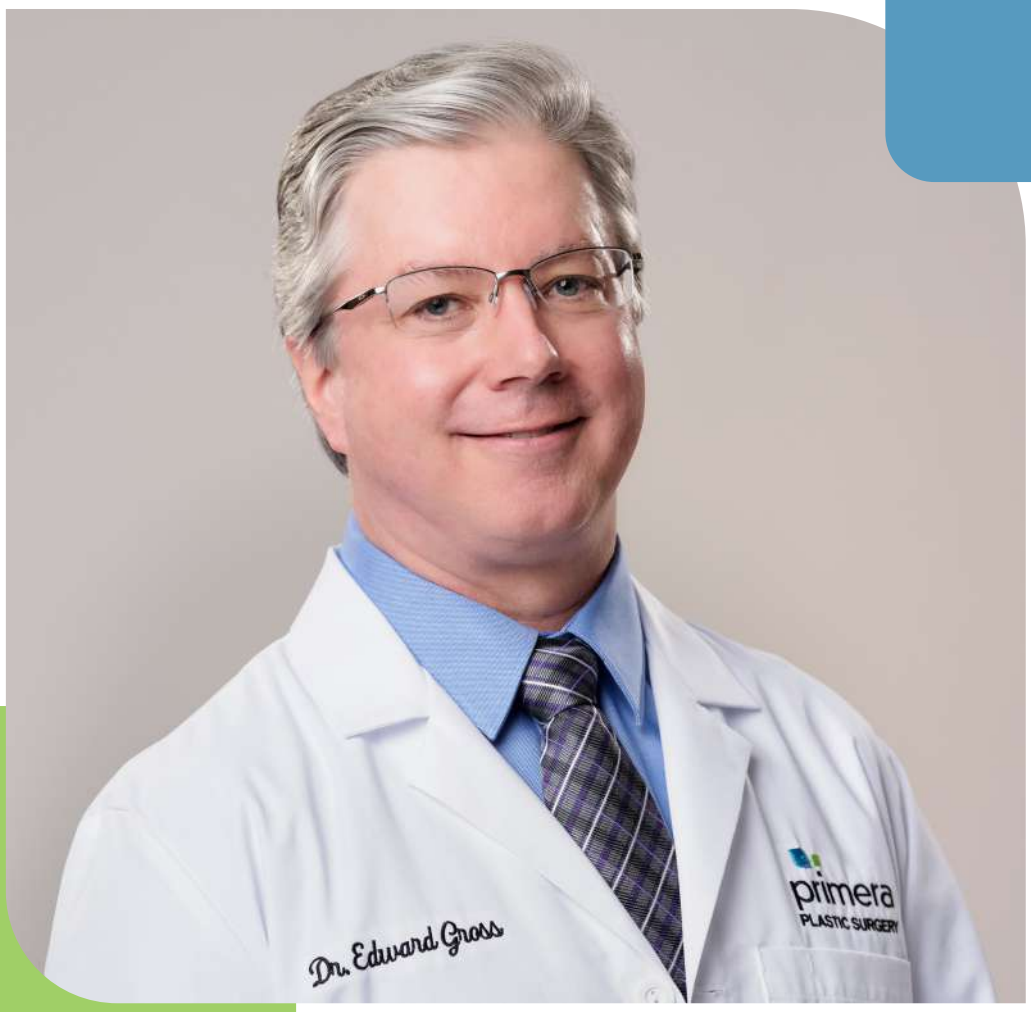
MAP

We are located at: 1035 Primera Boulevard, Lake Mary, FL 32746



Edward J. Gross, M.D.
Double Board-Certified Facial Plastic Surgeon
Primera Plastic Surgery & Med Spa

With over 26 years of experience, Dr. Gross is known worldwide for his expertise in facial plastic and reconstructive surgery.

In addition to eyelid surgery, Dr. Gross helps patients achieve the appearance of their dreams through facelifts, neck lifts, rhinoplasties, buccal fat removal, brow lifts, implants, and more.

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FINAL DETAILS

Are you ready for your blepharoplasty? Below you will find the final reminders and details that you should review to make sure your surgery is as smooth and comfortable as possible. If you have additional questions, please be sure to contact us.

Patient Name: _____

Procedure: Blepharoplasty

Site of Surgery:
[ ] Upper Right Eye [ ] Upper Left Eye [ ] Lower Right Eye [ ] Lower Left Eye

Date of Surgery: _____/_____ /_____

Arrival Time: _____

Don't Forget

- Patients can start wearing eye makeup at about 10 – 14 days after receiving clearance from Dr. Gross or a provider.
- Patients should wait two weeks after surgery before wearing contact lenses again.
- Blepharoplasty surgery will last most patients on average about 10 years.
- The Lid Lift Goggles are utilized to greatly reduce bruising and swelling just after surgery, speeding up the healing process.
- Dr. Gross recommends Botox injections for the first year of recovery, to create the most optimal results.

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