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Lower lid blepharoplasty: How to make it safer and easier

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Eyelid surgery or blepharoplasty, improves the appearance of the upper eyelids, lower eyelids or both. Whether you want to improve your appearance or are experiencing functional problems with your eyelids, eyelid surgery can rejuvenate the area surrounding your eyes. Specifically, eyelid surgery can treat: Loose or sagging skin that creates folds or disturbs the natural contour of the upper eyelid, sometimes impairing vision; Excess fatty deposits that appear as puffiness in the eyelids; Bags under the eyes; Drooping lower eyelids that reveal white below the iris; and excess skin and fine wrinkles of the lower eyelid. A simple and novel method for lower lid blepharoplasty under local anesthesia recently published in the *Journal of the American Academy of Dermatology* is reviewed and its benefits over traditional transconjunctival and transcutaneous blepharoplasties are discussed in detail. A broad and thorough understanding and basic skills will be outlined to the surgeon interested in lower lid blepharoplasty which would enable him to offer this safe and simple procedure for his patients.

Biography

Eyal Levit has completed his MD at the Albert Einstein College of Medicine in 1995. He has completed his Dermatology Residency at Columbia Presbyterian Medical Center. Following his Residency he has completed a one year MOHS Micrographic, Laser and Dermatologic Surgery Fellowship at the University of Pennsylvania, USA. He had an additional 2 years of Fellowship training in Cosmetic and Laser Surgery at Columbia University. Until recently he was the Director of Cosmetic and Dermatologic Surgery at St. Luke's Hospital Columbia University, a post he held for 14 years. He currently runs an Advanced Dermatology Laser and Cosmetic Surgery, a thriving dermatology practice in New York City. He has published over 20 papers and is a recipient of multiple awards.

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