

Signs of Aging

The eyes are the focal point of facial attractiveness. Even if we take care of ourselves over time, factors such as sleep, heredity, exposure to the sun, use of alcohol, tobacco, and poor nutrition can accelerate the signs of aging around the eye. Additionally over time, the eyes can stretch and wrinkle. Fatty deposits can cause the upper eyelids to sag while the tissue can bulge forward, become discolored, or block vision. Fortunately, through modern advances in an eyelid rejuvenation procedure called a blepharoplasty, doctors at Carolina Eye can restore a more youthful, alert and healthy look on both the upper and lower eyelids. The procedure is often referred to as a “mini-face lift” due to its high level of patient satisfaction.



About Dr. Anthony Leonard

Dr. Anthony Leonard, M.D., Ph.D., is a board-certified ophthalmologist specializing in eye and facial plastic surgery.



After double majoring in biology and chemistry at Emory and Henry College, Dr. Leonard earned his M.D. and Ph.D. from the Medical University of South Carolina. In 2017, Dr. Leonard attended top-ranked Washington University in St. Louis for an ophthalmology residency. He returned to the mountains for a competitive fellowship in ophthalmic plastic and reconstructive surgery at West Virginia University to sharpen his focus on eyelid and orbital diseases.

Some of Dr. Leonard's notable educational achievements include The Rosenbaum Resident Research Award at Washington University in St. Louis and he is recognized as a US Dept. of Education Graduate Assistance in Areas of National Need (GAANN) Teaching Fellow. He received the Transitional Year Resident of the Year award at Mercy Hospital in St. Louis and he is an Honorary Member for the National Academy of Inventors.

In his free time, Dr. Leonard enjoys music, being a DJ, traveling, outdoors, and spending time with his wife, Emily and their four children.



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Before Blepharoplasty

Generally, insurance does not cover cosmetic surgery; however the procedure may be 'medically necessary' if eyelids encroach upon the field of vision. Doctors at Carolina Eye will evaluate vision, tear production, use of contact lenses, medications and discuss expectations, outcomes and risks. The information, along with other factors such as age, skin type, and ethnic background, will help determine a plan for the procedure.



Blepharoplasty Procedure

Blepharoplasty is generally done using local anesthetic. On the upper eyelids, our surgeons will remove excess skin and muscle and fatty tissue in the inside corner of the eye next to the nose. On the lower eyelids, provided there is not too much excess skin, we will make the incision inside or behind the eye lid, which allows the removal of fatty deposits while avoiding the need for an external incision. If there is excessive skin or muscle folds below the eye, an incision may also be made just below the base of the eyelashes. All incisions are made so they become barely visible over time.

“**Dr. White performed an eyelid lift on me and I love the results. The whole process was a positive experience- from understanding my options to being prepped and post-op care. He is so thoughtful and skilled. My eyes don't just look more open, but they are more even now too. His staff is great too! Great experience all around!**”

After Care

After the procedure, plan to have someone drive you home. Bruising and swelling is common and noticeable for about a month. Cold compresses and head elevation will help reduce swelling and bruising and minimize discomfort. Eye ointments and eye drops may be given to keep the eye moist and clean. Post-operative discomfort varies from patient to patient requiring little, if any, pain medication.

Eyes may feel sticky, dry, and itchy for a week or more. Cleaning is essential around the eyes for the first week or two. Restricted activities apply. Some stitches dissolve while others are removed within 10-14 days. Make-up can usually be applied to camouflage bruising after stitches are removed and a pair of sunglasses may increase comfort in public. It is important to follow all post-operative instructions to speed the healing and reduce complications.

The Results

Most patients experience a noticeable improvement in the appearance of their eyes. In addition to improving some patient's vision, most report feeling more alert and energetic. Although the effects of a blepharoplasty on your appearance will be immediate, results are not final for up to a year.

If you want to look as good as you feel, ask your doctor if you are a candidate for blepharoplasty.

