

AESTHETIC SURGERY of the **EYELIDS** and **FOREHEAD**

*Your Weekly Newsletter by
Dr. Nick Sieveking*



Why the Eyes Matter

One of the most common concerns for both men and women is the aging appearance around the eyes. The upper and lower eyelids and the eyebrows—the “periorbital” region—frame the eyes, which are always the focal point during conversation. Performed with skill, eyelid and brow lift procedures (blepharoplasty and brow lift) can take years off your appearance, helping you look more awake, approachable, and refreshed.



Case 1: 48-year-old female BEFORE & AFTER Upper and Lower Blepharoplasty

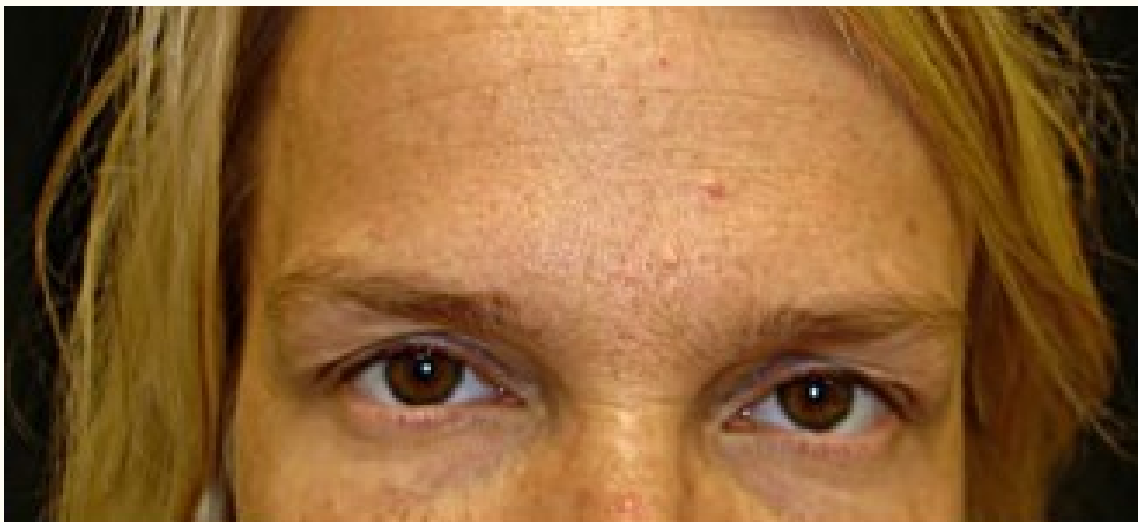
Droopy brows, deep furrows, and excess eyelid skin can make a happy person appear tired, angry, or “uninviting.” The periorbital region is delicate and demands an experienced surgeon’s hand. If done improperly, results can actually worsen the problem. For example, in patients with drooping brows, removing upper eyelid skin alone (upper blepharoplasty) can make brow heaviness more pronounced. Correcting the brow position first is often essential for a natural, long-lasting result.



Case 2: 54-year-old Female BEFORE & AFTER Open Brow Lift and Lower Blepharoplasty

Upper vs. Lower Eyelids

- Upper eyelids: Often more straightforward, involving excess skin and occasionally fat removal.
- Lower eyelids: Far more complex, involving intricate structures that affect eye shape and support. As one of my Stanford mentors once said, “The lower eyelids are like working on a Ferrari engine, while the uppers are more like tuning a pickup truck.” Both require skill, but the lower lids demand meticulous precision.



Case 3: 35-year-old Female BEFORE & AFTER Endoscopic Brow Lift

Approaches to the Brow/Forehead Lift

There are two main surgical techniques:

1. Endoscopic Brow Lift - Small incisions hidden behind the hairline - A tiny camera releases brow attachments and elevates the forehead - Best for younger patients seeking modest elevation and shaping - Limited effect on deep forehead wrinkles and frown lines
2. Open Brow Lift - Incision across the hairline, hidden in the scalp - Allows greater wrinkle reduction, stronger brow elevation, and softening of deep furrows - Ideal for older patients with significant forehead creases, lower brows, or a high hairline.



Case 4: 34-year-old Female BEFORE & AFTER Endoscopic Brow Lift, Fat Grafting to Lower Eyelids, "Skin pinch" removal lower eyelids

Combining Procedures for Best Results

The timing and sequence of eyelid and forehead procedures are critical. Done in the right combination, they provide the most natural and long-lasting rejuvenation of the eyes and forehead. The key is individualized planning—tailoring surgery to each patient's anatomy and goals.



Case 5: 56-year-old Male BEFORE & AFTER Upper Blepharoplasty with brow suspension suturing through the upper eyelid incision (prevents “compensatory” eyebrow drooping)

Please pass this newsletter onto your friends and be on the lookout for next week's newsletter: “Glucagon-Like Peptide (GLP)” therapy. It's not just about insulin control and weight loss—it's about healthy longevity. At Ageless Solutions we are now offering the third generation GLP-3 (Retatrutide) therapy.

Stay well,
Nick Sieveking, MD

SPECIAL OFFER

--Through End of 2025--

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**Patients must be deemed eligible following brief medical history questionnaire.*

Stay Tuned!

Be on the lookout for next week's newsletter on "Glucagon-Like Peptide (GLP)" therapy for healthy longevity.



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