

EYELID TIGHTENING USING CO₂ LASER

WHAT IS CO₂ LASER EYELID TIGHTENING?

It's a simple, non-surgical procedure that uses a laser to rejuvenate and tighten the eyelid skin.

WHICH LASER DO WE USE?

Lutronic eCO₂ laser.

HOW IS THE TREATMENT PERFORMED?

The skin of the eyelids must not be tanned before the treatment. Sunglasses and a wide-brimmed hat for sun protection are required.

If the patient has a history of herpes around the eyes, he/she receives medication to protect against herpes outbreaks before the procedure. In this case, one Valtrex tablet is taken each at 8 am and 8 pm the day before the procedure and at 8 am on the day of the procedure; it is continued for three days after the procedure.

Arrive half an hour before the appointment, without make-up. Photodocumentation is performed, an anaesthetic cream is applied on the eyelids and is removed just before the procedure. Anesthetic drops are instilled in the eyes and the eyeballs are protected with metal plugs. The laser procedure takes a few minutes and is a little painful. The ejector plugs are then removed. The CO₂ laser beams irradiate the skin of the eyelids in a fractionated way, which means that they cause numerous small burns of precisely defined depth. After the procedure, tiny wounds are visible on the eyelids, which heal within a week. The tightening process continues for another three to six months.

After the procedure, the skin is lubricated with an eyelid ointment, which is applied several times a day until healed, whenever there is a feeling of dry tension. After the treatment small haemorrhages can occur on eyelid skin, however they are not dangerous. The slight burning sensation disappears after an hour or two. Swelling and redness develop, but it usually resolves in two or three days. From the second day, tiny scales may form on the skin, which peel off after three to seven days. The patients can wash themselves with water a day after the procedure, and must protect their eyelids from the sun with sunglasses for at least one month. As long as the eyelid skin is red, we advise against spicy food, alcoholic beverages, sauna, Turkish baths and heavy physical activity.

HOW MANY REPETITIONS ARE NECESSARY?

An aesthetically positive effect can be noticed already after the first therapy. Additional procedures are suggested depending on the eyelid problem and the patient's expectations. To get the full effect, it is advisable to repeat the treatment three to five times at intervals of a few weeks or months.

THE SUCCESS OF THE PROCEDURE

The effect is visible only several weeks after the laser therapy cycle has been completed.

CONTRAINDICATIONS OR FOR WHOM IS THE PROCEDURE NOT SUITABLE?

The therapy is not suitable for patients allergic to antibiotic ointments, have photosensitive skin, or open wounds on areas, intended for treatment, due to injury, diabetes, chronic diseases of the soft tissues, radiation therapy or chemotherapy. It is not suitable for those recovering from a herpes simplex virus infection, have cancer, have unrealistic expectations, or are unwilling or unable to follow after-therapy skin care instructions. Caution should be taken if anti-clotting medication is taken.

SIDE EFFECTS AND COMPLICATIONS

As with any treatment, there are possible complications after laser treatment in the form of infections, prolonged healing, bleeding, discolouration, sensation disturbances, inflammation, necrosis, ulceration, transient ectropion, scarring, watery bubbles and prolonged redness, but if the instructions are strictly followed, there are no significant complications and laser treatment is very safe.

POST-PROCEDURE INSTRUCTIONS

After the procedure, saline compresses are applied, a cream is applied to speed up recovery and sunscreen is applied.

Cold moist compresses for 20–30 minutes as needed to relieve pain, antibiotic eyelid ointment three times a day for five days, followed by Cicatridina or Bepanthen ointment several times a day if the skin feels dry or tight for a month, and washing with saline or boiled water twice a day are recommended. The area to be treated should not be rubbed, but gently blotted with a tissue (gauze). For four days after the procedure, sleeping with the head elevated is recommended to reduce swelling. Tasks that cause skin flushing should be avoided for two weeks, any aggressive procedures on the facial skin (peeling, dermabrasion, visiting the beautician, etc.) for four weeks, and no irritants should be applied on the face for six weeks. Four weeks after the procedure, white or red cells or pimples may appear, which clear up on their own. Until the healing process is complete, you are not allowed to go to the sauna or to have a massage on the treated area. Should blisters, crusts or skin flaking appear, prescribed antibiotic cream should be applied twice a day until the condition improves. Regular sun protection is mandatory (glasses, hat, SPF50 sunscreen).

Expected course of healing after the treatment:

Day 0–4: the eyelid skin is red, swollen, sensitive, with pinpoint bleeding.

Day 5–7: the eyelid skin is less red, becoming dry, itchy, with visible skin flaking. Redness is present for 1–2 weeks, in some cases longer.

After one month: it is recommended to use a normal eyelid cream and to regularly protect yourself from the sun with sunglasses, a hat or a sunshade.

We recommend a check-up after three and after six months.

You can return to work or daily activities 7–14 days after the procedure.

Prior to the examination, you must also fill out the Informed Consent form together with the doctor as regulated by the Patient Rights Act and the Doctor's Duty to Obtain an Informed Consent. The rules for filling out the form and the statement are presented upon your arrival at our institution.

IF YOU HAVE ANY QUESTIONS REGARDING THIS BROCHURE, PLEASE CONTACT US FOR FURTHER INFORMATION.

We will take care of your health and well-being to the best of our ability. Thank you for your confidence in us.

Prepared by:

Janja Šmid Vauhnik, MD, Dermatovenerology Specialist