

Brett Kotlus MD



# Your Guide to Double Eyelid Surgery

# TABLE OF CONTENTS:

<b>What is a double eyelid? .....</b>	<b>3</b>
<b>Why have a crease ?.....</b>	<b>5</b>
<b>What type of crease do you have?.....</b>	<b>6</b>
<b>The Asian eyelid.....</b>	<b>9</b>
<b>Getting a crease without surgery .....</b>	<b>10</b>
<b>Suture vs. Incisional method .....</b>	<b>11</b>
<b>The Consultation.....</b>	<b>13</b>
<b>Recovery.....</b>	<b>14</b>

# INTRODUCTION

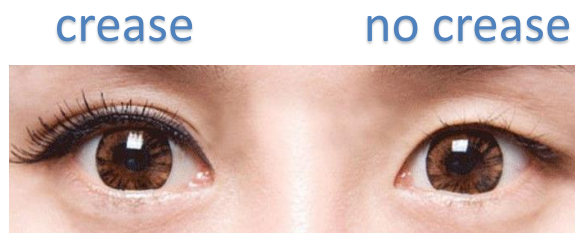
## What is a double eyelid?



The double lid has a crease above the eyelid platform, creating two parts to the eyelid.


**Nearly 50% of Asians lack an upper eyelid crease.** When this crease is absent, the eyelid is called a “monolid” or a single eyelid. This is a normal variation of Asian anatomy.

When a crease is present, the eyes appear to be more open and more accented. It has become desirable to have an upper eyelid crease among many Asians, perhaps as a result of pop culture images, a rise in products on the market (eyelid tapes and glues) that temporarily create creases, and an increase in popularity of cosmetic surgery across the globe.



A scientific study in the *Aesthetic Surgery Journal* in 2014 examined the perceived attractiveness of Chinese subjects with and without upper eyelid creases and those individuals with creases were rated as being “more attractive” to both Asians and non-Asians, with statistical significance.

**Double eyelid surgery is currently the most popular cosmetic surgical procedure among Asians.**

A close-up photograph of a person's eyes, focusing on the right eye which has a prominent, well-defined double eyelid crease. The left eye is partially visible on the left side of the frame. The person has light skin and dark hair.

## Is double lid surgery a Westernization procedure?

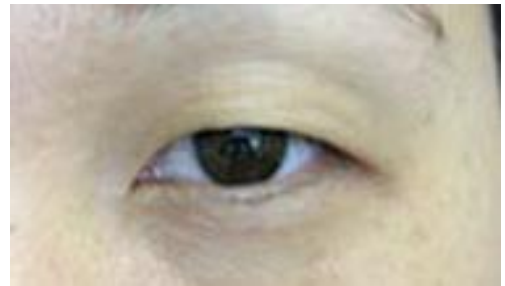
Those that undergo double eyelid surgery are generally interested in maintaining the beauty of their Asian ethnicity but simply wish for their eyes to be framed in a way similar to other Asians that possess a crease. In this way, the surgery is not a Westernization of the eyes, but an enhancement of Asian characteristics.

Some of those who have the procedure already have creases but wish for more definition of the creases, or to improve the symmetry between the two eyes when the creases look different.

# What type of crease do you have?

There are many variations seen in eyelid crease patterns among Asians. Interestingly, you may have parents without creases while you have creases and vice versa.

MONOLID



PARTIAL CREASE



MULTIPLE CREASES



# More crease patterns

TAPERED CREASE



PARALLEL CREASE



TAPERED CREASE WITH OUTER FLARE



**“I’m having double eyelid surgery-  
which crease type should I have?”**

**Which crease style do you find most attractive?**

**Do you already have a hint of a tapering or a parallel crease? You may wish to keep that style of crease.**

**Do you have asymmetric creases? Which side do you prefer?**

**What does your surgeon suggest? They will give suggestions on what will look most natural based on your features.**





# Why the Asian eyelid is special

All eyelids are composed of skin, muscle, fat, and connective tissue. In Asian eyelids, the fat pads tend to reside in a lower position than in Occidental lids. These fat pads tend to impart “fullness” to the eyelid shape.

The low-sitting fat pad prevents the eyelid connective tissue from forming a crease in many cases. If there is a crease, it tends to be low. The average Occidental crease is located 7-10 millimeters from the eyelashes, while the average Asian crease is 3-6 millimeters from the eyelashes.

# Getting a crease without surgery



Specially designed tape or glue can be used to form an eyelid crease. These methods are temporary and can sometimes be noticed by others, but they are relatively inexpensive.

There are **2** main approaches to double eyelid surgery:

TYPE 1:

## THE SUTURE METHOD

Stitches are used to create compress the skin and muscle to the deeper eyelid structures, forming the crease. This approach can be done with no incisions or with small incisions.

The suture method has a shorter recovery- it also has a higher rate of crease loss over time.

TYPE 2:

## THE INCISION METHOD

A thin strip of skin is removed just above the desired crease and stitches are used to anchor the skin edges to form the crease. This approach requires slightly more recovery time but can also be longer-lasting than the suture method.

## Double eyelid guide

Despite the fact that the suture method tends to be less permanent, it is still quite popular.

Here is an example of one of my patients right after the suture method surgery was completed.

You can see she had creases before the surgery but one of them was partial.



## Dr. Kotlus' commentary on SUTURE vs. INCISION

I tend to prefer the incision method for my patients because it is more permanent and it gives me as a surgeon more control over the crease and the fat pads.

The suture method is appropriate if you already have a crease and want to deepen it.

That being said, good results can be achieved with either method.

# The Consultation

## Meeting with your surgeon

This is a crucial part of the process of undergoing double eyelid surgery. You should share your expectations and learn about your surgeon.

“In a consultation I ask about the motivations behind having the procedure and I examine the eyelid and surrounding area. I will identify asymmetries and other issues that can affect the outcome including heavy eyebrows and droopy eyelids (ptosis). “

“Together with my patient, we decide on a surgical plan and we discuss the options for anesthesia.” Double eyelid surgery can be done with local numbing injections alone or with numbing injections plus sedation (medication to make you sleepy).

Photographs are taken before and after the surgery to observe the results and the healing process.

# RECOVERY

## AFTER YOUR PROCEDURE



This is the time to take care of yourself, relax, and heal. You should expect some swelling and bruising during the week after your procedure. You should avoid strenuous activity and use ointment along the incisions as prescribed by your surgeon.

It will take several weeks for the swelling to dissipate and the shape of the eyelids will gradually change over this time and they will begin to look more natural. It can take several months for the swelling to completely resolve.

## Double eyelid guide

Stitches are removed at 5 – 7 days. Makeup should be avoided for the first 2 weeks. The incisions will be red at first and can be slightly raised. These will tend to flatten and fade.

Risks of the surgery include asymmetry, bleeding, infection, visible scars, and the possibility that you would require further surgery. These are relatively rare occurrences.

Asymmetry is common for everyone and slight differences may not be fully resolved. The vast majority of patients are very happy with the results.

At 7 days



## Does my surgeon need to be Asian to properly perform double eyelid surgery?

No, but your surgeon should specifically be trained in cosmetic eyelid surgery and you should inquire about their training. In addition, they should have knowledge and experience with Asian eyelids and the double eyelid procedure.

## What's next?



If you want to talk to an expert, you should make an appointment to have your questions answered and for you to evaluate your level of comfort with your surgeon. Make a list of questions to bring with you to your consultation.

Ultimately, the decision to undergo cosmetic surgery is a personal one, but it helps to have the support of your friends and family.

I personally wish you luck in your journey and hope you find confidence and happiness.

**Now is the best time to look and feel your best.**



If you're interested in double eyelid surgery with a cosmetic eyelid surgeon, [request a personal consultation with Dr. Kotlus.](#)



Brett Kotlus MD

cosmetic and oculofacial  
plastic surgery

About Dr. Kotlus:

Dr. Kotlus is certified by the American Board of Cosmetic Surgery, the American Society of Ophthalmic Plastic and Reconstructive Surgery, and the American Board of Ophthalmology

He was an invited cosmetic surgeon in Malaysia, Thailand, and Mongolia and was a lecturer in Korea.

His offices are in New York City, Westchester, and Long Island

[Dr.Kotlus.com](http://Dr.Kotlus.com)



# Brett Kotlus MD

cosmetic and oculofacial  
plastic surgery

**Click to  
share this book**

