



# **Your Guide To Cosmetic Eye Procedures For A Younger Looking You**



**BAPTIST EYE SURGEONS**  
excellence in eye care



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## INTRODUCTION

At Baptist Eye Surgeons, one of our core values is to listen carefully to our patients and to continually evaluate how we are fulfilling their needs. One of those needs that many patients asked about was upper and lower eyelid surgery, both for appearance and for better function of their eyes.

While our surgeons are experts in surgical procedures within the eyes, we didn't have a surgeon who specializes exclusively in procedures around or outside of the eyes. However, after listening to our patients, we changed that in 2018 by welcoming [Dr. Anzeljc, an oculoplastic surgeon](#), to our team.

As an oculoplastic surgeon, Dr. Anzeljc specializes in upper and lower eyelid surgeries, brow lifts, and other nonsurgical procedures around the eye area like Botox, fillers, lasers, and peels.



The response from current and prospective patients alike has been overwhelmingly enthusiastic. Patients feel good about trusting a highly-trained surgeon to handle their facial procedures, even if that procedure isn't a "surgery" like upper or lower eyelid lifts.

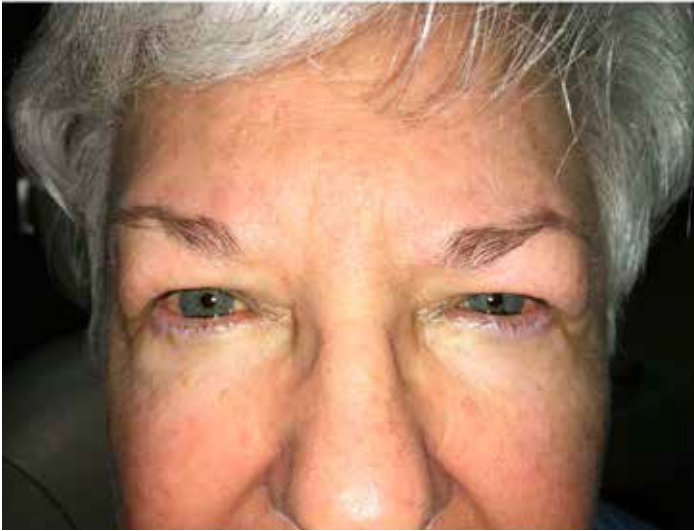
This guide will tell you more about the procedures that Dr. Anzeljc performs every day to restore more youthful appearances to our patients.



"Since Dr. Anzeljc is an Oculoplastics Surgeon/Specialist, I felt more confident in his ability to meet my needs. I didn't have to worry about his experience or training. There were areas that I thought could not be helped but he was quick to offer things that could help improve the appearance of these areas without trying to push me to purchase anything that I was not interested in. Having a younger appearance and refreshed look has given me more confidence."



## What's The Difference Between Cosmetic & Corrective Surgery?



There are many types of surgical procedures for the eyes, and they typically fall into one of two categories:

1. Improving vision or the function of the eyes (corrective, or “functional”)
2. Improving appearance of and around the eyes (cosmetic)

### Corrective Eye Surgeries

Corrective eye surgeries are those that are performed in order to restore or improve a patient's vision or the way their eyes function. Cataract surgery is a common corrective surgery in which the lens of the eye is replaced. Other corrective surgeries are performed to lower the eye pressure or fix retinal tears. Eyelid corrective surgeries include fixing droopy upper eyelids, or fixing a lower eyelid which has turned out or turned in and is irritating to the eye.

These surgeries may be medically necessary to correct vision loss or prevent blindness from eye diseases such as glaucoma, diabetic retinopathy, cataracts, or other ocular issues.

In other cases, patients elect to have corrective eye surgeries that are not medically necessary in order to reduce their dependence on glasses or contact lenses. In recent years, eye surgeons have made incredible advancements in vision correction surgery, also known as refractive and laser eye surgery. Vision correction surgeries, like LASIK, are ideal for patients who are nearsighted, farsighted, or have astigmatism.



## Cosmetic Eye Surgeries

Cosmetic eye surgeries are those that are performed in order to improve a patient's appearance and are not typically medically necessary for improving vision.

According to the American Society of Plastic Surgeons, eyelid surgeries remain the fourth most common type of cosmetic surgical procedure, just behind breast augmentation, liposuction, and nose reshaping. Eyelid surgery, or blepharoplasty, can include:

- Lifting loose or sagging skin in droopy or heavy eyelids
- Removing fatty deposits that appear as puffiness in the eyelids
- Removing under-eye bags
- Lifting drooping lower eyelids
- Removing excess skin and fine wrinkles of the lower eyelid

## Corrective Or Cosmetic: What's covered by insurance?

When it comes to insurance coverage, corrective surgeries are typically covered by insurance, while purely cosmetic surgeries are not. Simply put, if a patient's complaint is to fix or alter the way they look, the procedure is cosmetic, and not covered by insurance. If the main complaint is that their vision is inhibited by their lids surgery MAY be considered functional, depending on the findings from an ophthalmologist's exam.

Insurance coverage for functional, or medically necessary, surgeries is typically determined by the insurance carrier's criteria. An ophthalmologist, especially a specially trained oculoplastic surgeon, can evaluate each patient's case and discuss whether or not insurance would be likely to cover surgery. The purpose of a cosmetic upper eyelid surgery is often to improve a patient's appearance and reduce signs of aging around the eyes. However, upper eyelid surgery can also have a corrective benefit for a patient's vision.

For example, it's quite common that people with heavy, droopy upper eyelids are experiencing some limitation with their vision, whether they're aware of it or not. When a heavy eyelid covers part of the eye that wouldn't normally be covered, the field of vision may be reduced and the eye is exposed to less light.

Some people with droopy eyelids develop a habit of raising their eyebrows to improve vision or tilting their heads back to try to see under the heavy lid. Additional symptoms may include difficulty reading, frontal headaches, dry eye, eye irritation, and dermatitis.

See: [Can Droopy Eyelids Affect Your Vision?](#)  
[Does Insurance Pay For Upper Eyelid Surgery?](#)





## Upper & Lower Eyelid Surgeries and Brow Lifts



"I feel more comfortable not wearing a ton of concealer and makeup to try to hide my lines - they are gone! I was hoping for my forehead grimace to go away and I got a brighter face that looks younger!"



Think of your upper and lower eyelids as the frames to your eyes. They may be helping your eyes have a nice open appearance, or they may be making your eyes look droopy and tired. Similarly, your brow, or forehead, either functions to "lift" the upper third of your face—including your eyes—or to drag it down.

### Droopy upper eyelids

There's a reason why eyelid procedures are the [4th most common cosmetic procedure](#) performed in the U.S., according to a 2019 report from the American Society of Plastic Surgeons. Heavy, puffy, or drooping upper eyelids can really weigh down your appearance and make you look older and more tired than you actually are, regardless of how many creams you use or how soundly you sleep.

**Drooping eyelids are caused by two things—a weak muscle or sagging skin.**

The upper eyelids are supported by muscle, bone, and fat. When the muscles that open the eyelid weaken, the eyelid will sag or droop. This is called ptosis. Ptosis is most commonly caused by aging, but it can also be congenital or can be caused by eye injuries, nerve damage, strokes, masses, or other processes.



Not to be confused with ptosis, dermatochalasis occurs when the skin of your lid droops, not the entire eyelid, as in ptosis. Extra, drooping skin, and possibly fat, hangs over the lids and eyelids often appear puffy or swollen. This typically occurs with age as the skin loses elasticity and creates heavy folds that can actually sag over the lashes.

Dermatochalasis and ptosis can both be corrected with surgery by a specially trained [oculoplastic surgeon](#), but the procedures are different. Dermatochalasis is corrected by removing excess skin and fat from the eyelid, while ptosis surgery often involves tightening a muscle to lift your eyelids.

With either procedure, the result is a rejuvenated appearance of your eye, a more youthful look to your face, and improved vision.

Patients often experience improved vision while reading or watching TV, more light with reading from the lid being raised higher or excess skin being removed. In addition, patients often report improved peripheral vision that they notice while driving, and many comment on how much they realize they were not seeing before surgery compared to after.



## Sagging lower eyelids

As we age, the amount of collagen and elastin that our skin produces decreases, which is an unavoidable result of aging. This decrease, along with sun exposure and genetics, is one of the main causes of under-eye wrinkles that can make us look tired or older than we actually are.

However, all hope is not lost!



### Lower Eyelid Surgery

If you have severe under-eye wrinkles, sagging skin, or heavy puffiness under your eyes, surgery might be the best way to go. Lower eyelid surgery, or blepharoplasty, removes excess fat and sagging skin in order to tighten and smooth the remaining skin under the eyes. The result is eyes that look significantly younger and brighter.

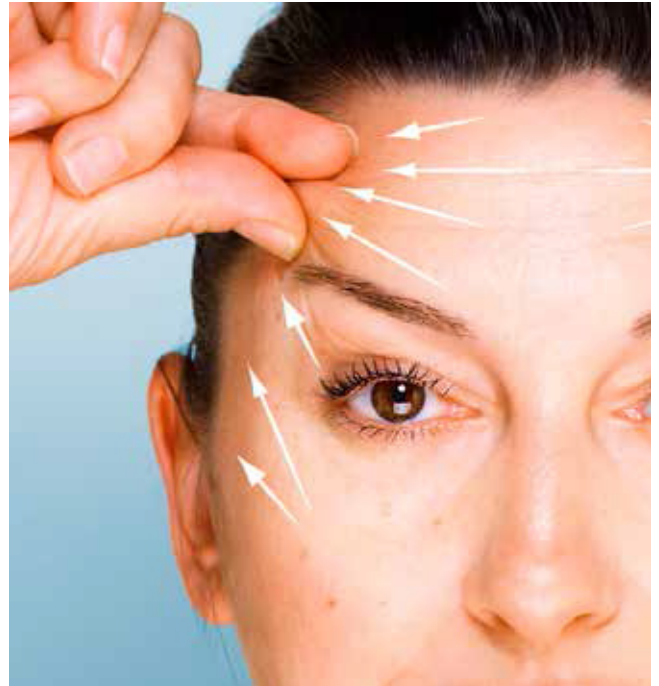
Because lower eyelids usually don't affect a patient's vision (unless the lid is turned inward or outward), lower eyelid surgeries are typically considered cosmetic procedures and are not covered by insurance. In addition to surgery, there are non-surgical procedures that may help tighten sagging lower eyelids, including fillers, peels, and lasers. (See page 10)



## Brow lifts

Your eyes, brows, and forehead play a large role in conveying your emotions and state of well-being. If you have a sagging, heavy forehead or eyebrows, you're likely to appear more tired, unhappy, or even angry than you actually are. Likewise, if you have heavy, drooping, or puffy eyelids you may appear sad, angry, or tired, even if you aren't.

Two solutions for concerns about aging of the forehead and eyelids are brow lifts and eyelid lifts. While a brow lift can lift your eyebrows and smooth your forehead area, an eyelid lift focuses solely on your eyelids. It can be hard to determine if you would benefit most from a brow lift or eyelid lift because the position of your brow can also affect the appearance of your eyelids.



You may think you think you need a brow lift when actually an eyelid lift would rejuvenate your appearance more, or vice versa. And other times, both surgeries are called for. Here are the main differences between brow lifts and eyelid lifts:

## Benefits Of Brow Lifts

If your forehead is creased with deep wrinkles and sagging skin, this may also cause your brows to sag or droop, causing you to appear tired or sad. Brow lifts smooth the forehead area and improve the positioning of your brows. During a brow lift, the surgeon raises the brows to restore a more youthful, wide-eyed appearance to the upper third of your face.

[Dr. Andrew Anzeljc](#), Baptist Eye's oculoplastic surgeon, says, "It is extremely common for people to have both droopy lids and droopy brows to some degree. Whether or not both of them are functionally or medically bothersome is more complicated. Sometimes people need a functional eyelid surgery and brow surgery, or functional eyelid surgery with optional cosmetic brow surgery. Others may benefit most from a functional brow surgery and cosmetic lid surgery, or both cosmetic lid and brow surgery."

See: [5 Things To Know About Heavy, Drooping Eyelids](#)  
[Can You Correct A Droopy Eyelid?](#)  
[2 Examples Of The Difference Upper Eyelid Surgery Can Make](#)  
[What's The Difference Between A Brow Lift & An Eyelid Lift?](#)





## Nonsurgical Procedures For A More Youthful Appearance



"Since turning 57, I noticed that no matter how much rest I was getting I continued to look tired, all the time. I know this had to be due to aging skin. I have always taken very good care of my skin but I wanted to do something more cosmetic. However, I wanted it to be subtle. Dr Anzeljc gave me the perfect solution with different injections that I feel have freshened up my face—exactly what I wanted. I have more confidence and feel better when I look in the mirror. Thank you, Dr Anzeljc."

The reason we lose facial volume and gain wrinkles as we age is because our skin produces less collagen and elastin to keep our skin full and smooth. Think of it like the surface and shape of a grape. It starts out plump and smooth, but over time the skin becomes drier and more wrinkled as the volume inside the grape decreases.

A similar process can be said to happen with our face, as aging brings reduced elasticity and loss of fat and muscle strength. This leads to wrinkles and sagging skin in the form of droopy upper eyelids, lower eyelid bags, hollows under the eyes, or wrinkles around the eyes and mouth.

The good news is that today there are effective [non-surgical procedures](#) that can rejuvenate the face for a more youthful appearance. Botox and fillers are two of the most common procedures that are effective for smoothing wrinkles and restoring lost volume, but chemical peels and lasers can also revitalize the skin.



"Dr. Anzeljc was able to reduce the lines around my mouth without any pain. I could tell a big difference immediately. Looking younger has really given me a better attitude."



Let's take a quick look at how these 4 nonsurgical procedures work to rejuvenate your appearance.



## Fillers

Hyaluronic acid-based fillers, such as Juvéderm, Restylane, and Belotero, can be used all over face to fill fine lines or deeper wrinkles, get rid of dark circles or hollows under the eyes, or plump up the lips.

Fillers are commonly used in the nasolabial folds, which are the two skin folds that run from each side of the nose to the corners of the mouth, the glabellar folds, which are the vertical lines that develop between the eyebrows, and for providing volume to the midface cheek area and under the eyes. They can also be used to [increase volume in the lower eyelids](#) in an area commonly known as the tear trough, and some fillers are approved for use in the lips to help increase lip volume and fullness.

Fillers are made with hyaluronic acid gel that is almost identical to the hyaluronic acid found naturally in the human body, and are formulated with different consistencies. Those with a thinner consistency work well for treating fine lines, while others that are more firm can add significant volume to fill and lift hollows under the eyes, for example.

The type and consistency of a filler can be customized for each patient to achieve the most natural-looking results. Most fillers last anywhere from nine months to a year, depending upon the patient and the area that's targeted.



## Botox

Botox is perhaps the most well-known cosmetic injection. It's a natural, purified protein that is FDA-approved and certified for use in the medical and cosmetic field. Botox injections temporarily weaken the muscles that are repeatedly contracting and therefore are causing wrinkles.

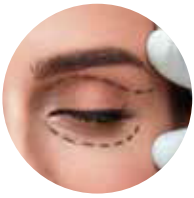
Injectable treatments like Botox, Dysport, or Xeomin are most often used for crow's lines around the corner of the eyes or to fill in deeper creases between the eyebrows or wrinkles on the forehead. The effects of Botox injections last for about four to six months.

Botox relaxes the muscles to smooth wrinkles beside and above the eyes rather than filling in under-eye wrinkles like fillers do. Oftentimes, using both Botox and fillers is the ideal option to lift and smooth out the appearance of the entire eye area.



## Chemical Peels

Chemical peels can be quite effective for getting rid of superficial wrinkles by essentially resurfacing your skin. The peels are designed to remove the top layer of skin to reveal a smoother, new layer of skin so that wrinkles are much less prominent.



## Lasers

Much like chemical peels, laser resurfacing is commonly used for more minor wrinkles on the top layer of the skin. The laser beam breaks down the epidermis of the top layer of the skin and stimulates new collagen to grow in the next layer. Lasers are safe to use around the eyes and anywhere on the face by a trained practitioner.

See: [\*5 Cosmetic Procedures & Treatments To Tighten Skin Under The Eyes\*](#)  
[\*A Guide To How Facial Fillers Like Juvederm, Restylane, and Belotero Can Make You Look Younger\*](#)  
[\*Should I Be Worried About Using Botox Or Fillers Near My Eyes\*](#)  
[\*What's The Difference Between Botox And Fillers?\*](#)  
[\*How Do Fillers Around The Eyes Help You Look Younger?\*](#)

## Choosing A Cosmetic Surgeon Or Specialist



"I chose Dr. Anzeljc because of his specialized training in oculoplastic surgery. I did not feel comfortable going to a "spa" or a non-licensed physician. We discussed my options thoroughly before making any decisions, and he certainly far exceeded my expectations. I will be a repeat patient."

Most of us have seen someone, either on television or out in public, who has obviously had "work done" on their facial features and the outcome is less than ideal. Maybe the lips are plumped up too dramatically, or the cheek fillers look unnatural. This is why finding the right medical professional to evaluate your concerns and determine the best plan to achieve a natural, youthful appearance is critical to the successful outcome of any cosmetic procedure.

The cosmetic procedure that would be best for you depends on your unique factors, including your overall facial bone structure, genetics, sun exposure over time, and smoking history. Sometimes a combination of procedures is most effective when they're used hand in hand, but the right combination is different for everyone.

It's also critically important to consider the structure of the bones and skin around the eyes, forehead, and cheekbones when determining any procedures to rejuvenate the face.

As a skilled [oculoplastic surgeon](#), Dr. Anzeljc can assess your skin and bone structure to determine which type of procedure would help you achieve the most natural results for a younger-looking you, not like you've had something "done."



Oculoplastic surgeons are board certified ophthalmologists who have additional training in cosmetic surgery and are especially suited to care for eye issues like under-eye wrinkles and sagging skin.

At Baptist Eye Surgeons, [Dr. Anzeljc](#) performs both cosmetic and corrective procedures such as [cosmetic eyelid surgery](#) as well as nonsurgical procedures to restore a more youthful appearance, including Botox for wrinkles and filler injections.

Dr. Andrew Anzeljc says, "More and more patients are interested in improving the appearance of aging, and we have many safe and effective ways to rejuvenate the face that do not involve surgery." He adds, "Cosmetic procedures are becoming more commonplace for men as well as women, so if anyone is curious about Botox or fillers or other possibilities to improve the appearance of undereye bags or heavy eyelids, I encourage them to come in for a consultation."

See: [\*Dr. Anzeljc Visits The Dr. Bob Show To Explain Oculoplastic Surgery\*](#)  
[\*Baptist Eye Surgeons Welcomes Dr. Anzeljc For Functional & Cosmetic Eye Surgeries\*](#)

## About Baptist Eye Surgeons

[Baptist Eye Surgeons](#) is an ophthalmological practice dedicated to providing quality eye care to patients whose needs range from routine comprehensive eye examinations to the treatment of complex eye diseases like cataracts, glaucoma, macular degeneration, and diabetic retinopathy.

The team of doctors are proud to welcome Dr. Anzeljc to the practice in order to add cosmetic and functional procedures to the extensive services we provide to our patients in Knoxville and Morristown.

To [schedule an appointment](#) or request a consultation with Dr. Anzeljc at either our Knoxville or Morristown location, [visit our website](#) or give us a call at 865-579-3920.

**TO SCHEDULE AN APPOINTMENT**