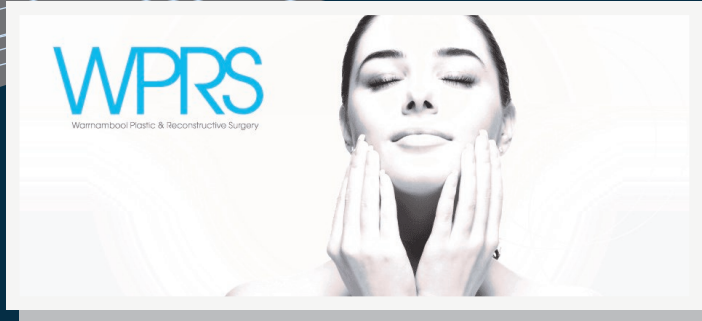


this issue

- What is involved in Blepharoplasty and what are the benefits?
- Hand masses and what are the most likely causes?



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Blepharoplasty: what is involved and what are the benefits?

Blepharoplasty (upper or lower eyelid surgery) has both functional and aesthetic benefits.

As we age, skin in the upper eyelid increases and the fold (supra-tarsal) disappears. When this is coupled with brow descent people begin to develop symptoms of visual obstruction, eyelid heaviness, “tired” eyes and often headaches. With regards to the lower eyelid, excess skin and “puffiness” can lead to an appearance of constant tiredness.

There is a myriad of operations described for blepharoplasty, for both upper and lower eyelids. My preferred technique for the upper eyelid is removal of excess skin and muscle, removal of excess medial eyelid fat and suturing to recreate the supra-tarsal fold. For the lower eyelids very little skin is usually resected. The skin is usually re-suspended and the fat from the lower eyelid is re-draped onto the cheek to improve the appearance of the tear trough.

Surgery is often performed as a day case unless upper and lower eyelid operations are combined, where an overnight stay is required. Most people experience eyelid swelling and minor bruising post surgery. However, after the removal of sutures at day 5, many people will return to work and normal activities.

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Hand Masses: What are the most likely causes?

Hand masses are a very common cause for patients presenting to their local doctor. A mass in the hand can often lead to discomfort or functional problems. The most common causes of a mass in the hand are listed below in the order of frequency:

Ganglion – common sites include flexor and extensor tendon, dorsal and volar wrist, and mucous cysts around nail folds. Often fluctuate in size and cause mild discomfort.

Inclusion cyst- associated with minor trauma with or without a foreign body. Often located on the flexor surface and may fluctuate in size.

Giant cell tumour- benign tumour arising from the flexor tendon sheath. A solid tumour that gradually increases in size and is generally painless.

Dupuytren’s nodule- often the first sign of dupuytren’s disease and maybe painful. Progressively develops into to a cord with time.

Neural- Neuroma/Schwannoma/Neurofibroma- a positive tinel’s sign is generally diagnostic of these benign nerve tumours.

Vascular- glomus tumour- generally occurs around the nail bed and is extremely tender and cold intolerant.



*HAPPY 2nd
BIRTHDAY
to
HUGO TOMA!!*

