

THOMAS  
**EYE**  
GROUP

Oculoplastics  
& Aesthetics





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Looking as *good* as you want,  
and as *young* as you feel.



Modern technology has given us a more diverse life. Modern medicine has given us the freedom to enjoy it. Modern oculoplastics and aesthetics techniques can restore a youthful appearance, repair the effects of life's daily wear and tear, and defeat the effects of aging.

Oculoplastic surgery is a very specialized type of plastic surgery. Oculoplastic surgeons concentrate specifically on the eyelids and the surrounding area on the face. The intense training for oculoplastic surgeons makes them uniquely qualified to deal with the complex issues involved in performing surgery on such a delicate area and to provide ongoing eye care after surgery.

At Thomas Eye Group we not only provide state-of-the-art vision correction procedures such as LASIK, Intraocular Lens Implants (IOLs), and cataract surgery, but we also offer cosmetic and reconstructive services from one of Atlanta's most highly skilled and experienced oculoplastic specialists.

### ► Oculoplastic Procedures - Cosmetic and Reconstructive Facial Treatments

Most cosmetic and reconstructive facial procedures are intimately connected with your ability to see because they involve the eyes, the eyelids or the brows. Ophthalmic plastic surgeons are extensively trained in the eye's function and structure. These surgeons are the best qualified to treat these delicate tissues, and provide safe and effective restoration, rejuvenation or repair.

#### **These treatments include:**

- Repair of puffy, droopy or 'turned' eyelids
- Facial rejuvenation procedures including laser skin resurfacing, eye lifts and brow lifts
- Botox, Dysport, Restylane® products and Juvederm® products
- Repair of tear duct obstructions
- Orbital fracture repairs
- Removal of tumors in and around the eyes
- Skin cancer treatment and reconstruction

## A new solution you can see...



“

My experience with Dr. Neufeld and the Thomas Eye Group was extremely positive. The results were amazing. I couldn't be more pleased. Dr. Neufeld took time to explain the procedure and the after-care. There were no surprises. I would recommend him to any of my friends and family.

- J. H.

## Puffy Eyelids

Puffy eyelids, or unattractive bags beneath the eyes, can be caused by stretching of the skin due to aging or excess fat accumulating in the tissues. Blepharoplasty or eyelid surgery can correct these conditions resulting in a more rested and youthful appearance.

Dr. Neufeld uses the most technologically advanced laser to perform this surgery, making recovery faster and more comfortable than traditional methods. There is virtually no bleeding during the procedure and patients rarely need pain medication. Any minute scar is concealed by the upper lid's natural creases.

Surgery to correct bags in the lower eyelid is usually done without the need for any incision at all. Dr. Neufeld uses the laser to sculpt and modify the excess fat and restore a natural appearance.

### The Procedure

- Eyelid surgery is performed in an outpatient setting and patients are able to go home directly following their procedure.
- There is usually no need for general anesthesia. A mild sedative is administered to ensure that patients are totally comfortable and local anesthesia is then applied to the area.
- On average, surgery for upper and lower eyelids takes approximately 45 minutes.
- No path or bandages.

### After The Surgery

- The first two days following surgery should be spent relaxing.
- Antibiotic ointment and ice packs are applied to help healing and reduce any swelling.
- Usually any tightness of the skin and 70-80% of the swelling disappears within the first week.
- After two weeks, close to 90% of the swelling will have dissipated.



Drooping of the eyelids, otherwise known as eyelid ptosis, is usually caused by a loosening of the tendon that normally holds the eyelid in position. This often causes a limitation in vision.

This can be repaired by reattaching the tendon to a more appropriate position. Dr. Neufeld performs the ptosis procedure either beneath the eyelid or on the outside of the eyelid, depending on the severity of the drooping.

These procedures not only improve appearance but can also enable patients to enjoy a better visual field. Because of Dr. Neufeld's expertise in oculoplastics, he can optimize your vision while correcting your eyelids.

The procedure to raise a droopy eyelid is performed as an outpatient like most oculoplastic procedures. The patient is awake with mild sedation. Local anesthesia is placed delicately into the eyelid to ensure total patient comfort. There may be an incision made on the skin surface to access the muscle and tendon. If an incision is made, it is made in the fold of the eyelid. As a result, any scar is well hidden. Sometimes, the procedure can be performed without making any skin incision at all. The specific approach will depend on your consultation with Dr. Neufeld and the severity of the drooping eyelid.

The incision is made with the laser and bruising is usually less than if the incision is made with a scalpel. Also, healing is quicker with the laser. It is normal to have some bruising and swelling, most of which is gone within the first two weeks following surgery. The eyes may feel tight and slightly dry after ptosis surgery. This is normal and will usually resolve once the initial swelling subsides.

These procedures enable patients to improve their peripheral vision while, at the same time, give patients a more rested and youthful appearance. The procedures are sometimes covered by insurance.



*a fresh  
outlook for  
your life*



## Eyelid Malpositions

The eyelids can assume unnatural or incorrect positions. When the eyelid turns out, it is called an ectropion. When the eyelid turns in, it is called an entropion. When the eyelid turns in, the eyelashes can rub on the cornea, and cause great discomfort and increase potential for infection and ulceration of the cornea. When the eyelid turns out, constant irritation may result from the eye being too exposed. In both cases, the tears may not be able to find their way to the drains in the eyelid. Both of these problems can be corrected with surgical procedures.

The surgery for correcting the eyelids is done under local anesthesia and involves tightening and repositioning the eyelid while restoring balance to the muscles and tendons. There are several tiny stitches that are placed that will dissolve over the first one to two weeks. These procedures are usually covered by insurance.

## Eyelid Retraction Repair

Eyelid retraction occurs when the eyelid is pulled away from the eyeball and can affect the upper or lower eyelid. Common causes of eyelid retraction include thyroid eye disease, trauma, or previous surgery to the eyelids.

Repair of the eyelid retraction depends on the cause and the degree of severity. Releasing the eyelid itself may correct the problem or sometimes placement of grafts into the eyelid may be necessary. The specific treatment is determined after a detailed consultation with Dr. Neufeld.

## Eyelid Weight Implantation

The eyelids were designed to close completely so that tears can be distributed over the surface of the eyeball, keeping it hydrated and clear. There are times when the upper eyelid does not close properly and this process is inefficient. This can occur after a stroke, Bell's palsy, surgery or simply because of a weakness of the eyelid closure muscles.

To help the eyelid close better, Dr. Neufeld can implant a weight, usually made out of gold or platinum, into the eyelid. This procedure is done by making a fine incision in the eyelid fold with the laser. A small pocket is created to receive the weight and the incision is closed. The procedure takes approximately 15 minutes. Swelling and bruising are minimal.







### Eye Watering

The eye needs a constant supply of fluid or tears to retain health and function. Some people may experience excessive watering of the eyes, due to multiple reasons. The two most common reasons for this are dryness of the cornea or an obstruction in the outflow of tears.

If the eye watering is due to a reflex from dry corneas, patients can treat the reflex with artificial tears or with punctal plugs to decrease the rate of drainage of the tears. There are also medications that may help the body produce more moisture to coat the eye and keep it comfortable and protected.

In the case of an obstruction, tears cannot drain properly. Normally, tears flow from the eyelids into the back of the nose. An obstruction or blockage can occur and in addition to causing the tears to roll down the cheek, a serious infection can result. Surgery can open the obstructed drainage pathway. Procedures to achieve this vary according to the specific problem area involved. The specific procedure is determined after an exam in the office where the tear drainage pathway is examined very closely by Dr. Neufeld.

## Eye Watering

# Thyroid Eye Disease

Thyroid eye disease, which often occurs in conjunction with Grave's disease, is a condition related to an auto-immune disorder that affects the thyroid gland in the neck. The disease causes swelling in the tissues surrounding the eye or in the bony orbit that houses the eye. This changes the ability of the tissue to function properly, causing a change in the appearance and position of the eyeball.

### Symptoms of Thyroid Eye Disease

- Bulging of the eyes
- Pain, especially with movement
- Dry, irritated eyes
- Double vision
- Blurred vision
- Light sensitivity
- Redness (bloodshot eyes)
- Swelling that affects the optic nerve and that may lead to vision loss
- Color blindness

### HOW IS THYROID EYE DISEASE TREATED?

There are many different procedures that can deal with the manifestation of thyroid eye disease. These can range from mild procedures to major surgery. The specific cure will depend on the exact problem that is occurring. This will be discussed after a detailed consultation with Dr. Neufeld.

# Orbital Fracture Repair

## Orbital Fracture Repair

The eye sits in your skull in a “house” that is composed of two walls, a floor and a roof; this area is known as the orbit. Trauma to the orbit area can cause the floor of the orbit to fracture or break. When this happens, the eye can get caught in the break or fracture and patients can experience pain, double vision, or a sunken appearance of the eye.

When necessary, repair of the fracture may involve the use of a plate to restore the structure of the floor, and consequently, support for the eyeball. The surgery can be done on an outpatient basis; it usually takes approximately one hour to perform, with minimal pain or discomfort following the procedure. Patients use eye drops for one week after surgery to prevent infection.

## Brow Lifts

Brow lifts are surgical solutions to heavy brows, sagging forehead, or deep furrows. These conditions can seriously impact a patient's vision, therefore brow lifts are best performed by an oculoplastic specialist.

The key to a brow lift is to be very conservative. In this procedure, the brow is gently elevated to a more natural position. It is usually performed by making an incision behind the hair line and delicately elevating the brow to its normal and natural position. No hair is removed and any incision is well concealed behind the hair line. The brow lift is commonly performed with the endoscope. The endoscope is a long video camera that is placed through small incisions behind the hair line. It is used to help elevate the eyebrows to a more natural position. In addition to providing a more youthful look, the endoscopic browlift can expand a patient's peripheral vision.

The procedure is performed as an outpatient procedure and usually under general anesthesia. Dr. Neufeld is very conservative when performing endoscopic browlifts to avoid the “surprised” look. He strives for a natural well-rested appearance instead.

# Brow Lifts

Results you can count on,  
experience you can *trust*.

# Latisse

## Latisse

Longer, fuller eyelashes that don't wash away or need thick coats of mascara to maintain? That's Latisse. Latisse contains an active ingredient that causes eyelashes to both lengthen and thicken. FDA-approved Latisse is the first prescription treatment for short or inadequate eyelashes that can give results in as little as four weeks. Although Latisse's results are truly cosmetic, Latisse is a prescription medical treatment for inadequate lash growth. Patient's whose lashes have fallen out or have stopped growing due to age, as well as patient's whose eyelashes have fallen out as a result of chemotherapy often find tremendous benefits from Latisse.

## Abnormal Eyelashes

Eyelashes usually grow away from the eye but sometimes an abnormal eyelash may become misdirected towards the eyeball. This can cause great discomfort and can be caused by multiple reasons. Treatment for these lashes can be as simple as using tweezers on the lash or as complicated as surgery. Dr. Neufeld will evaluate the situation and provide the necessary solution. Permanent treatment of these irregular lashes can be in the form of electrolysis, freezing or laser therapy. The specific treatment modality will be determined by a thorough exam by Dr. Neufeld.

# Abnormal Eyelashes



# Botox / Dysport

*Frown lines, deep wrinkles, drooping eyelids – these can all be treated with Botox/Dysport. Botox/Dysport is an excellent non-surgical cosmetic treatment that can provide very satisfying results, however it is safest and most effective when applied by a trained physician.*

## How does Botox/Dysport work?

Botox/Dysport (Botulinum type A) is an injectable anti-aging treatment to block the nerve impulses that control the habit patterns of over-used facial muscles. Repetitive or habitual movements of the tiny facial muscles used in frowning, pursing lips, smiling or squinting, create expression lines on the face. Over time these muscles, operating automatically below your conscious control, develop habit patterns that result in unattractive furrows, creases and wrinkles. Turning off the actions of these muscles with Botox/Dysport can reduce or eliminate the unwanted surface effects and restore a more attractive, less stressed-out appearance.



## Is Botox/Dysport safe?

Botox/Dysport has a better safety record than aspirin. Botox/Dysport has been used medically for more than 30 years for treatment of nerve disorders, muscular spasms, and even migraines, using much higher doses than those used for cosmetic purposes. Some side-effects have been noted such as a mild headache following treatment and mild flu-like symptoms – but these are extremely rare. The Botox/Dysport procedure is safe for most people. However, only a trained physician can decide if a Botox/Dysport injection is safe and right for you, and prescribe the correct dosage and exact application.

## How long does it last?

This varies from person to person, but most patients find that Botox/Dysport lasts approximately 3-4 months. Some patients only require Botox/Dysport injections once or twice per year.

## What results can I expect?

A less tired or angry look to your face; clefts, lines, creases and wrinkles smoothed away, and a relaxed, more youthful appearance. Botox/Dysport is sometimes combined with other cosmetic treatments such as dermal fillers and laser skin resurfacing. Remember, Botox/Dysport minimizes the unwanted muscular functions beneath the skin, but these may have already resulted in permanent lines or wrinkles on the skin surface, which can be treated with other cosmetic technologies.

## How long before I see results?

Botox/Dysport results can often be seen after several days, but the full effect is generally noticed after one week. Women usually see the results sooner than men. Results for a man with thicker skin and stronger muscles may take up to 10 days.

There is no limit to the number of times that you can have Botox, but to ensure the best results seek out a trained medical professional like Dr. Neufeld, who has a thorough understanding of facial anatomy, the muscles involved, and how they function especially around the eyes.



## Dermal Fillers

Dermal fillers are body-friendly substances that can treat large or deep wrinkles, creases, folds, loss of youthful contours, hollows, or acne scars. Dermal fillers can also be effective for lip enhancement, chin shaping, and to generally defeat the effects of aging.

There are several different types of dermal fillers. Each has its own unique indication and effect depending on the area to be treated. Dr. Neufeld will assess each patient's needs and recommend the appropriate product. Each dermal filler that is used will last a different amount of time. This depends on the specific product and the location that it is placed. Certain areas metabolize a filler faster or slower than others. The pros and cons of each as well as the expected duration will be discussed during your consultation with Dr. Neufeld.

The dermal filler is injected in tiny measures directly into the wrinkles or folds and results are immediate. The recovery period is minimal, and any slight redness, swelling or discomfort at the injection site usually disappears within a few days.

These substances can be used around the eyes to decrease the appearances of bags under the eyes without having a "surgical" procedure.

## Laser Skin Resurfacing

**Laser skin resurfacing softens lines and wrinkles, removes surface imperfections, and tightens and rejuvenates the skin.**

The root cause of many common skin issues originates below the surface of the skin, rendering topical treatments ineffective. Fortunately, our skin resurfacing laser is designed to safely and effectively treat skin conditions at their source, and utilizes low-frequency photo-thermal energy to gently and safely heat the inner layers of the skin. When damaged skin cells absorb this photo-thermal energy, they become stimulated to generate new collagen (a vital component of healthy, youthful skin).

### **What common skin conditions will Laser Skin Resurfacing treat?**

Laser skin resurfacing is designed to correct a number of cosmetic skin issues, including, but not limited to: acne or acne-related scars, age or sun spots, scar revision, uneven skin pigmentation, tone or texture, moles or telangiectasia (spider veins), broken capillaries or redness (erythema), rosacea, and fine lines.

### **Laser Hair Removal**

Laser hair removal delivers photothermal energy to hair follicles to impede future growth. Our laser can treat multiple hair follicles at a time, minimizing treatment times. A series of treatments, spaced 4-8 weeks apart, is typically required for the best results. This laser is also ideal for patients with active lifestyles, as it safely treats most skin types and has virtually no downtime.



# Laser Skin Resurfacing

Laser Trifecta – this exciting in office procedure utilizes a combination of 3 modalities in a single treatment. BBL laser is used to remove sun spots and tiny capillaries that cause red areas. Laser Nano-peel is used to remove the superficial most layer of dead and damaged skin and the Dermapen is a device used to stimulate deeper collagen and infuse healing and rejuvenating serum into the deep layers of the skin. The Laser Trifecta is an extremely effective skin rejuvenating procedure don in the office with only a 3-4 day healing period.

before

REAL PATIENT RESULTS



after

## REAL PATIENT RESULTS



before  
& after



# What Is Dermapen?

Dermapen is an innovative, minimally invasive way to treat loose skin, stretch marks, acne scars, and other facial damage. With few risks and side effects, Dermapen is a quick and easy method for skin rejuvenation. The pen-shaped device has numerous fine needles that rapidly create tiny puncture wounds on the damaged areas. This creates a healing process in the skin, which starts to produce collagen and elastin, the elements of firm, smooth, radiant skin.

The Dermapen procedure improves fine wrinkles, acne scars, surgical or traumatic scars, skin tone and loose skin. While the Dermapen device moves over the skin surface, its tiny needles create micro-injuries that the body perceives as micro-damage. These tiny injuries kick start a healing process that triggers the production of collagen and elastin. The production of these crucial elements helps to tighten and tone skin and improve scars and fine wrinkles. The process is similar to laser resurfacing, minus the downtime.

Also, Dermapen can be used on any skin type, unlike lasers. Positive changes in the skin can be seen immediately after the Dermapen procedure, and the improvements also continue for months after each treatment.

Ideal regimens are 4-6 treatments over a space of 2-6 months. Each treatment is done approximately 3-4 weeks apart. Dermapen can be a great complement with BBL and other skin treatment.





# Frequently Asked Questions

01

## Are cosmetic procedures painful?

All procedures are performed under local anesthetic. Many of Dr. Neufeld's patients comment that the procedure didn't bother them at all and that it was much more comfortable than expected. Healing after cosmetic or reconstructive surgery can be rapid, with some minor inconvenience depending on the type of procedure. Most patients insist that the benefits of a more youthful and relaxed appearance far outweigh any slight temporary discomfort.

Other procedures such as Botox or dermal fillers are minimally uncomfortable; likewise, laser skin resurfacing is far less uncomfortable than traditional techniques.

02

## Why should I choose an Oculoplastics specialist?

Many of Dr. Neufeld's patients have been referred to him by other doctors since facial cosmetic or reconstructive procedures usually involve the eyes or the areas around the eyes and can impact vision. Oculoplastic surgeons have the thorough understanding of these delicate tissues, nerves, and muscles that are essential for a safe treatment and successful outcome.

Other procedures such as the application of Botox and Dermal Fillers likewise depend on a comprehensive understanding of facial anatomy for a successful treatment and the best outcome.

Oculoplastic surgeons are trained as both ophthalmologists and plastic surgeons and are uniquely qualified to deal with the intricacies and nuances of the eye area from both a medical and cosmetic perspective.

03

## Is laser treatment better and safer than traditional bladed surgical techniques?

One of the major benefits of any laser surgery is that the laser seals while it treats. This means blood loss is minimal, risk of infection is lower, and healing is faster. Another advantage is the precision and accuracy possible with a laser technique as compared with other forms of treatment. For example, in comparison with chemical peels and microdermabrasion, Laser Skin Resurfacing is vastly superior in terms of patient comfort, healing time, and the ability to treat specific areas of the face.

04

## Are all cosmetic treatments the same?

No. Some cosmetic treatments such as eyelash tinting, eyebrow shaping and coloring, moisturizing, cleansing, and so on are purely superficial treatments that can even be done at home. But techniques that produce significant improvements depend on correcting or repairing within or below the skin, or by removing aged or dry skin cells. Repair of stretched eyelid tendons, reduction of lower-lid bags, precise treatment of the muscle groups that cause creases and wrinkles, and restoration of the skin's suppleness and contour require specialized medical knowledge and training to ensure the best outcomes.

05

## Are cosmetic or reconstructive procedures covered by insurance?

Some are and some aren't, depending on the type of procedure and the insurance plan. Many eyelid procedures are covered as they can impact one's quality of vision, others are not as they are purely for the purposes of improving appearance. Feel free to call us regarding the type of procedure in question and your plan.

# Why Should You Choose Thomas Eye Group?

▶ Selecting the center where you have your cosmetic or reconstructive surgery is as important as choosing your practitioner.

- Dr. Neufeld is a highly trained specialist in his field and one of the few US surgeons trained to perform laser eyelid surgery. He has a fully-experienced and coordinated team to deliver the best service and provide outcomes that exceed our patients' expectations.
- Thomas Eye Group was founded in 1974, and in addition to reconstructive and cosmetic services, we provide a full array of eye care services including comprehensive eye exams, glasses, contact lenses, cataract surgery, Intraocular Lens (IOLs) Implantation, PRK and LASIK.
- Thomas Eye Group doctors have undergone additional specialty training in oculoplastics, pediatrics, the treatment of corneal and retinal disorders, glaucoma, and the most current refractive surgery techniques such as PRK and all-laser LASIK.
- We have offices in seven locations in and around the greater Atlanta area and we are proud to be the official eye doctor of the Atlanta Thrashers.

## Insurance

Our offices participate in many major health insurance plans, and coverage varies with each patient and insurance company. It is important for the patient to know their benefits, as not all insurance companies will cover a non-medical office visit. Eyelid surgery, when performed primarily to address vision issues, can be a covered expense, whereas eyelid surgery done primarily for cosmetic purposes may not be covered.

Our staff will assist you in determining whether your insurance is accepted by Thomas Eye Group, and if the procedure you desire is likely to be covered.

## Kenneth R. Neufeld, M.D.



Dr. Neufeld is a board-certified ophthalmologist and fellowship trained oculoplastic surgeon who specializes in cosmetic and reconstructive procedures that improve the attractiveness and function of the eyes and facial appearance. His surgery is performed using the most technologically advanced laser available which greatly reduces bleeding and speeds recovery time. Dr. Neufeld also administers Botox and other dermal fillers such as Restylane and Juvederm.

Dr. Neufeld completed medical school at the State University of New York at Syracuse, specialty training in Ophthalmology at the Cornell Medical Center in New York City and a fellowship in oculoplastics, reconstructive and cosmetic laser surgery at Duke University Medical Center in Durham, North Carolina.

Dr. Neufeld is a member of the American Academy of Ophthalmology, the American Academy of Cosmetic Surgery and the Medical Association of Georgia.

Dr. Neufeld sees patients in our Sandy Springs and Gwinnett offices.





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