

## Module 20 Blepharoplasty: Hands-On Cadaver Training and Certification

October 11-12 ASSERT Surgical Training Centre  
University College Cork,  
Cork, Ireland

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<b>Wednesday October 11</b>	<b>Day 1 Theory</b>
08.15 – 08.30	Registration, ASSERT Centre
08.30 – 10.30	<p>Introduction to eyelid rejuvenation Eyelid and periorbital anatomy Aesthetic ideals and measurements Indications for blepharoplasty Clinical evaluation of the eyelids</p> <ul style="list-style-type: none"> <li>• History</li> <li>• Physical Examination</li> <li>• Photography</li> <li>• Clinical tests</li> <li>• Informed consent</li> </ul> <p>Instruments, materials, and set-up for blepharoplasty</p>
10.30 – 11.00	<b>Coffee</b>
11.00 – 12.30	<p><b>UPPER BLEPHAROPLASTY: STEP-BY-STEP TECHNIQUE</b></p> <ul style="list-style-type: none"> <li>• Marking</li> <li>• Anesthesia</li> <li>• Skin incision</li> <li>• Skin/muscle excision</li> <li>• Management of ROOF and orbital fat</li> <li>• Defining the crease</li> <li>• Closure</li> <li>• Aftercare and removal of sutures</li> </ul> <p>Adjunctive procedures in upper lid blepharoplasty</p> <ul style="list-style-type: none"> <li>• Transpalpebral browpexy</li> <li>• Lacrimal gland repositioning</li> <li>• Glabellar myectomy</li> <li>• Botulinum toxin</li> </ul>

12.30 – 1.30	<b>Lunch</b>
1.30 – 3.30	<p><b>LOWER BLEPHAROPLASTY: STEP-BY-STEP TECHNIQUE</b></p> <ul style="list-style-type: none"> <li>• A. Transconjunctival approach <ul style="list-style-type: none"> <li>➤ Anesthesia</li> <li>➤ Incision</li> <li>➤ Disecction</li> <li>➤ Fat Excision versus septal rest</li> </ul> </li>   <li>• B. Transcutaneous subciliary approach <ul style="list-style-type: none"> <li>➤ Marking</li> <li>➤ Anesthesia</li> <li>➤ Incision</li> <li>➤ Dissection: skin, skin-muscle flap</li> <li>➤ Orbicularis oculi muscle sling for lower lid support</li> <li>➤ Excision and closure</li> </ul> </li> </ul> <p>Blepharoplasty in Asians: creating a double crease</p> <p>Canthal support</p> <ul style="list-style-type: none"> <li>• Canthopexy and canthoplasty: Indications and technique</li> </ul> <p>Adjunctive procedures in lower lid blepharoplasty</p> <ul style="list-style-type: none"> <li>• Periorbital fat grafting</li> <li>• Laser skin resurfacing</li> <li>• Botulinum toxin</li> </ul>
3.30 – 4.00	<b>Coffee</b>
4.00 – 5.30	<p>Complications of upper lid blepharoplasty: How to avoid them, how to treat them</p> <p>Complications of lower blepharoplasty: How to avoid them, how to treat them</p> <p>Video demonstration of upper and lower lid blepharoplasty techniques</p> <p>Discussion</p>
5.30 – 6.15	<b>MCQ Examination</b>
6.15	<b>End of Day 1</b>

<b>Thursday October 12</b>	<b>Day 2 Practical</b>  <b>Note: All delegates will have comprehensive hands-on training in techniques with high quality fresh cadaver specimens</b>
08.30 – 08.45	Orientation, cadaver laboratory
08.45 – 09.45	UPPER BLEPHAROPLASTY DEMONSTRATION  Patient positioning and eyelid marking Incision Anatomy display and excision of skin, muscle, orbital fat Lacrimal gland identification, repositioning Closure Complementary periorbital fat grafting techniques
09.45 – 12.30	<i>Supervised hands-on training for all delegates</i>
12.30 – 1.30	<b>Lunch</b>
1.30 – 3.30	LOWER BLEPHAROPLASTY DEMONSTRATION  Transconjunctival access incision Dissection and anatomy display Fat excision, repositioning, pedicle graft Arcus marginalis release Subciliary incision Skin and muscle flap Orbicularis sling Canthal support techniques Closure
2.30 – 5.30	<i>Supervised hands-on training for all delegates</i>
6.00	<b>Certification and Award Ceremony</b>