

Understanding Upper Eyelid Rejuvenation

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As we age, the skin above our eyes can lose elasticity, leaving us looking tired, heavy-lidded or older than we feel — even when we're well rested. This is one of the most common concerns we see at The Ü Clinic.

The good news is that there are now several effective ways to address eyelid skin issues, ranging from non-surgical to surgical.



The Madonna Eyelift: a non-surgical CO2 option

For patients with only a small amount of excess upper eyelid skin, we offer a CO2 fractionated laser treatment known as the 'Madonna Eyelift'. The laser delivers controlled energy to the skin's surface, stimulating collagen remodelling and tightening the tissue without any incisions. It's an excellent choice if you want a noticeably fresher, more open eye appearance but aren't ready for surgery — there's no scalpel involved, and downtime is minimal, often just a few days of mild redness or swelling. Many patients return to normal activities almost immediately.

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Traditional upper Blepharoplasty, enhanced with CO2

For those with more significant hooding or excess skin, traditional surgical upper Blepharoplasty remains the gold standard. This is performed under local anaesthetic as a day case. What's changed is how we perform the incision itself: rather than a scalpel, we now use the CO2 laser to make the incision and remove excess skin. Because the laser seals small blood vessels as it cuts, this translates into noticeably reduced bruising and swelling compared with traditional scalpel surgery, and many patients find their visible recovery is faster as a result. The surgical principles and results remain the same — a natural, refreshed upper eyelid — but the journey there is more comfortable.



Which option is right for you?

The right choice depends on how much excess skin you have, your skin quality, and how much downtime you can accommodate. A small amount of hooding with good skin elasticity often responds beautifully to the Madonna Eyelift, while more pronounced excess skin typically needs surgical correction.

As always, the best way to find out which approach suits you is a personal consultation, where we can assess your eyelids and talk through realistic expectations together.

To book a consultation at our Sevenoaks or Oxted clinics, please contact The Ü Clinic Aesthetics team.

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Ü VISION

Ü Vision continues to offer an unparalleled range of **premium intraocular lenses** to ensure each patient's lens choice from cataract surgery perfectly matches their lifestyle, to both enhance vision and quality of life.

We are delighted to now offer the full range of **BVI lenses** including the **Serenity Lens** which provides excellent distance and intermediate vision.

The Ü Vision team continue to strive to provide outstanding results from cataract surgery as well as refractive lens exchange surgery.

Ü HEALTH

At the end of June, our Nutritional Therapist, **Kat Bright** and GP, **Dr Shiv** attended a specialist conference on Nutrition-Based Management of Metabolic Health in the GLP-1 Therapy era.

The conference explored the latest evidence on GLP-1 medications and the importance of combining medical treatment with sustainable lifestyle changes to support long-term metabolic health.

As this field continues to evolve, we remain committed to incorporating the latest evidence into our weight management programme, ensuring patients receive expert, personalised care and support.



Ü SKIN

Moles are common and typically harmless, but some may be a sign of skin cancer. At The Ü Clinic, we use one of the most advanced mole mapping systems available - the **FotoFinder® 360° mole mapping machine**. This allows for even the slightest changes in mole size, shape, or colour to be captured and highlighted, enabling early intervention, monitoring and treatment.

[BOOK A MOLE MAPPING APPOINTMENT TODAY](#)