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### **Self-esteem assessment in patients submitted to lower eyelid blepharoplasty**

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**Purpose:** In aesthetic surgery patient satisfaction is recognized as the main determinant factor for success. The aim of the present study is to analyze the self-esteem evolution of patients submitted to periorbital rejuvenation through inferior blepharoplasty.

**Design:** Randomized clinical trial.

**Methods:** Fifty-five consecutive aesthetic surgery patients aged 35 to 65 years old were recruited preoperatively through Oculo-plastic Surgery Service. Subjects were approached by their surgeon for voluntary participation in the study after a decision to proceed with surgery had been made. All patients who agreed to participate signed a consent form approved by Human Subjects Review Board (Ethical Committee) at the São Paulo Federal University. They were assigned into two surgical groups: Classical Inferior Blepharoplasty (group 1), and Septal Reset Blepharoplasty (group 2). In the septal reset blepharoplasty, the orbit septum is advanced to the anterior orbital rim. The same surgeon has operated all patients on. Photographs have been taken before surgery and at each follow-up period. These photographs will be reviewed independently and masked for the surgical technique, by three oculoplastic surgeons who have not been involved with the particular patients. A graduated scale was devised to evaluate these clinical photographs. In order to assess the self-esteem impact of these surgeries, the Rosenberg UNIFESP/EPM self-esteem scale has been applied in the pre-operative and 6 month follow-up period. Patients that have had previous lower eyelid injury or blepharoplasty were not enrolled in the present study. Student's t-test and Wilcoxon test were performed using the SPSS program.

**Results:** Initially, 55 consecutive patients were included, but up to now 49 patients completed the study protocol for a 100% retention rate, and five were excluded. The genders distributions were the same in both groups: 96% patients were female and 4% were male. The two groups did not differ significantly in age (Group 1- 49.6 and Group 2- 48.0, T= 0.35, p> 0.05). Group 1 surgery's time on average was 88.5 minutes, while Group 2 surgery's time was 90.4 minutes, however, this difference was not statistically significant (T= 0.305; p>0.05). The average time to answer the self-esteem questionnaire in the preoperative period was 4.28 minutes and 3.51 minutes 6-month after the

surgery ( $T = 2.58$ ;  $p = 0.006$ ). The self-esteem index score improved from baseline preoperative mean levels of 5.14 to a mean of 3.70 at 6 months post-surgery ( $Z = 2.95$ ;  $p = 0.0016$ ). No difference in the self-esteem has been shown up to now between the two blepharoplasty techniques. The analysis of self-esteem scores (preoperative and postoperative) showed that 31 subjects (63.2%) had their self-esteem improved after the surgery, 10 subjects (20.4%) had their score unchangeable, and 8 subjects (16.4%) got worse. The analysis by 3 masked specialists is still on course.

**Conclusion:** The lower eyelid blepharoplasty techniques studied produced positive psychological benefits by significantly improving self-esteem outcomes.