

Plastic Surgery Expert Dr. James Shire Shares Tips and Considerations for Eyelid Surgery in HelloNation

What should someone consider before choosing eyelid surgery?

CHATTANOOGA, TN, UNITED STATES, August 11, 2025 /EINPresswire.com/ -- What should someone consider before choosing eyelid surgery? In a [feature article for HelloNation](#), facial plastic surgery expert Dr. James Shire of Shire Facial Plastic Surgery in Chattanooga, Tennessee, explains why accurate evaluation is the foundation of effective and natural-looking results. His insights guide individuals who may be considering eyelid surgery, also known as blepharoplasty, to first understand the real source of their concern before moving forward with any procedure.

Many people pursue eyelid surgery because they feel their eyes make them look tired, puffy, or older than they feel. However, Dr. Shire points out that these symptoms can have different underlying causes, and not all of them are directly related to the eyelids themselves. In some cases, upper eyelid heaviness may actually result from a drooping brow that pushes the skin downward, mimicking eyelid sagging. For lower eyelids, puffiness or bags are often due to fat shifting or weakened support structures, not just excess skin.

The most important takeaway, according to Dr. Shire, is that not every case of eyelid dissatisfaction is best treated with eyelid surgery alone. A tailored plan is necessary, and that begins with a detailed physical examination. A professional consultation can identify whether the upper lids, lower lids, brow position, or skin quality — or a combination of these — are contributing to the issue. This ensures the selected approach addresses the actual cause rather than just the visible symptoms.



Dr. James Shire of Shire Facial Plastic Surgery

Dr. Shire emphasizes that a good result preserves a patient's natural expression while refreshing the appearance of the eyes. The goal is to restore openness and balance, not to make someone look unlike themselves. For example, someone who believes they need upper eyelid surgery might achieve better results with a conservative brow lift or a combination of procedures. Similarly, lower eyelid puffiness can sometimes be treated surgically through fat repositioning, but non-surgical solutions like dermal fillers may also help in certain cases.

A successful outcome depends on a precise understanding of anatomy, facial dynamics, and patient goals. Dr. Shire's process includes reviewing the facial structure, assessing skin condition, and sometimes using photographs to evaluate symmetry and support. With this complete picture, the surgical plan can be tailored for both safety and aesthetics.

Dr. Shire also notes that not every patient is a good candidate for surgery. Non-invasive options may be more suitable depending on skin elasticity, overall facial structure, and personal preferences. By explaining the range of possibilities and matching the treatment to the need, patients can make informed choices that deliver the best outcome.

In the article, [titled What Should I Look for When Considering Eyelid Surgery?](#), Dr. Shire explains that thoughtful diagnosis and surgical judgment are what allow for rejuvenation that looks natural and feels right to the patient. This method protects against overcorrection and ensures that the results align with the person's facial character.

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