

PREVALENCE OF DERMATOCHALASIS IN HEALTHY YOUNG ADULTS: THE RAINE EYE HEALTH STUDY

Purpose:

Upper eyelid blepharoplasty is the most common oculoplastic procedure performed in Australia, however there is little evidence regarding the baseline prevalence of dermatochalasis (the major indication for blepharoplasty) in the medical literature. Establishing prevalence of disease is important to assess existing treatment coverage and plan future health services. Few population-based studies report prevalence in older adults, and to our knowledge there are none in young adults.

Method:

Participants in the Raine Eye Health Study ($n = 1329$, age 19–22 years) were assessed for presence of dermatochalasis using standardised photographs. Right and left eyelids were graded individually. Dermatochalasis was defined as upper eyelid skin extending beyond the eyelid margin. Participants with inadequate quality photographs ($n = 15$) and those with Asian eyelid structure ($n = 42$) were excluded.

Results:

Dermatochalasis affecting one or both eyes was present in 7.2% of participants. There was a significant difference between males and females (11.4% vs 2.8%, p

Conclusion:

A significant number of healthy young adults meet photographic criteria for dermatochalasis, defined as upper eyelid skin extending beyond the eye-lid margin. It should be emphasised that no assessment of cosmesis or functional impairment was made. As dermatochalasis increases with age, it is expected that values would be higher in the general adult population.