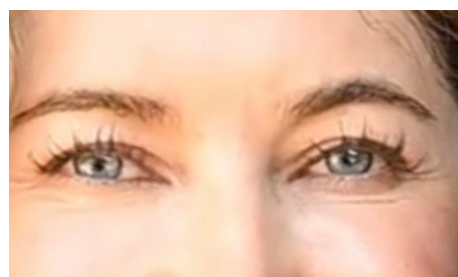


From Barn Mornings to Bright Eyes

Upper Blepharoplasty with Dr. Taban



Before



After

As equestrians, we spend our lives outdoors. Early mornings at the barn, long afternoons under the sun, wind, dust, and weather are simply part of the rhythm. While there's something grounding and beautiful about that lifestyle, it also means our faces tell our stories early. For me, that story began showing up most noticeably around my eyes.

Over time, I started to feel that my upper eyelids no longer reflected how I felt on the inside. They appeared heavy and tired, especially after long days riding or traveling, even when I felt energized and strong. This wasn't about changing how I looked; it was about feeling like myself again. After thoughtful consideration, research, and many conversations, I decided to move forward with upper blepharoplasty, now one of the most popular cosmetic procedures worldwide.

Choosing to have the procedure was a personal decision. Choosing the right surgeon, however, was non-negotiable. That choice led me to Dr. Taban, a globally respected oculoplastic surgeon based in Beverly Hills. Dr. Taban is widely

regarded as a pioneer in eyelid surgery, with decades of specialized experience focused exclusively on the delicate anatomy of the eyes. His credentials, precision, and reputation for natural results made the decision feel incredibly easy. When it comes to your vision and the most expressive part of your face, expertise matters.

This philosophy is something Dr. Taban often emphasizes in his practice: "Eyelid surgery is as much about precision and restraint as it is about technique. The goal is never to change someone's appearance, but to restore what time and environment have taken away." - Dr. Taban

Those words perfectly captured why I felt so confident moving forward. Dr. Taban's practice is located in Beverly Hills, and one of the things that immediately stood out to me was how seamless and calm the entire experience felt.

My procedure was performed in his office, not a hospital setting, which made the day feel far less intimidating. The surgery took about 30 minutes and was done using local pain management only, with injected lidocaine. There was no general

anesthesia, no long recovery room wait, and most importantly, no pain. The experience was controlled, efficient, and remarkably comfortable from start to finish.

From check-in to prep to recovery, Dr. Taban and his team were thoughtful, reassuring, and incredibly professional. His calm demeanor and clear communication instilled confidence every step of the way. Surgery day felt smooth and stress free, something I know many people worry about when considering a procedure like this.

Recovery is often what people fear most, so I made a conscious decision to document mine honestly. The first week was all about patience and consistency. Swelling and bruising were present, but very manageable. Ice packs helped tremendously in the first 48 hours, and I followed Dr. Taban's guidance closely, from using preservative free artificial tears to keeping the area clean and hands off.

By days three to five, I noticed visible improvement. Stitches were removed around day seven, and the process was quick and completely pain free. What surprised



me most was how predictable and steady the healing felt when following expert instructions. There was no rushing the process, just trusting it.

By two to three weeks post surgery, I was back to my equestrian routine. Being outdoors again, moving confidently, and returning to the saddle felt incredibly empowering. As riders, our focus matters. When you're riding, you need to be present, balanced, and confident. Feeling your best physically translates directly into how you show up in the saddle.

Upper blepharoplasty offers both aesthetic and functional benefits. Removing excess skin from the upper eyelids creates a more open, refreshed appearance, but it can also improve peripheral vision and reduce that heavy sensation many of us experience after years in the sun. The incision sits in the natural eyelid crease, making scars discreet and typically fading significantly within weeks to months.

One of the most common questions I receive is about longevity. Results from upper blepharoplasty typically last ten to fifteen years, depending on genetics, skin quality, and lifestyle. For me, that made the procedure feel like a true investment rather than a temporary fix.

Sharing my experience publicly was intentional. There is still hesitation around cosmetic procedures, especially for women who value strength, sport, and authenticity. But investing in yourself, your confidence, and your well-being should never require justification.

As equestrians, we invest heavily in our horses, our training, and our care. Choosing to invest in myself felt like a natural extension of that philosophy.

Today, my eyes feel lighter, more open, and more reflective of how I feel internally. The results are subtle, natural, and exactly what I hoped for. I don't look different. I look rested, focused, and confident.

Upper blepharoplasty may be one of the most popular procedures today, but my experience with Dr. Taban reinforced why expertise matters more than trends. When done thoughtfully and with the right specialist, investing in yourself is always worth it. **HS**

Learn more at: tabanmd.com