

EYELID LIFT (BLEPHAROPLASTY)

ABOUT THE PROCEDURE

As you get older, the skin around your eyes loses some of its supportive scaffolding and, as a result, begins to droop. In addition, your muscles lose their tightness, which allows the natural fatty tissue to bulge.

Eyelid surgery (blepharoplasty) is a simple procedure that only takes about 40 minutes and can be done in the doctor's office.

In eyelid surgery, we remove the excess skin, tighten the muscles of your upper and/or lower eyelids, and, if necessary, also remove the fatty tissue. This is done through an incision along the natural fold of your upper eyelid or just below your eyelashes on the lower eyelid, leaving you with a younger, more refreshed appearance.

Often we don't remove fat as this can give a hollowed out appearance but this depends on the patient. All of these factors are addressed at the time of consultation so you can make a more informed decision about what surgery is right for you.

ARE YOU A GOOD CANDIDATE?

If you notice that your upper eyelids are drooping and wrinkled and/or you have puffy lower eyelid bags that make you look tired and older than your age then you may benefit from eyelid surgery.

If you have an excessive amount of eyelid skin, it can protrude and affect peripheral vision; upper-eyelid surgery can be used to remove the excess skin and improve your sight.

POST-OPERATIVE INSTRUCTIONS

- Time off work minimum 2 weeks.
- Purchase over the counter eye drops and apply regularly the first 48 hours after surgery and then as needed after that time period.
- Place moistened facecloths in freezer and then place over eyes gently for a minimum of 2 days after surgery.
- Wear sunglasses when outside for first 2 weeks post-surgery.
- Avoid squinting.
- Don't do any activity that increases your blood pressure for 4-6 weeks post-surgery.
- You can shower 2 days after surgery but avoid removing the tape.
- Keep incision moist with antibiotic ointment applied gently with Q-tip daily.
- Massage scars postoperatively to help minimize scarring (see general post-op instructions scar management).
- Call my office to make a follow-up appointment in 1 week for stitch removal.

COMMON POST-OPERATIVE EXPERIENCES

- Swelling and bruising are normal and may spread but will settle.
- Burning or itchiness around surgical site is normal.

OUTCOME

- Scars can take up to 1 year to completely heal.
- See general post-op instructions.