

WHAT IS AN EYELID LIFT (BLEPHAROPLASTY)?

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 can be done in the doctor's office, while you are awake. In eyelid surgery, we remove the excess skin, tighten the muscles of your upper and/or lower eyelids, and, if necessary, 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.

PRE-SURGERY CHECKLIST

1. Get sunglasses
2. Get over the counter eye drops and eye-safe ointment
3. Q-tips
4. Frozen facecloths – wet thin face cloths and place in freezer
5. Stop the use of all anti-inflammatories, 2-weeks before and after your surgery (Tylenol is fine to use)
6. Book an appointment to see Dr MacDonald after your surgery

AFTER SURGERY

1. Apply over the counter eye drops regularly for the first 48 hours after surgery.
2. Use the eye-safe ointment in the eyes at night the first few days.
3. Keep incision moist with antibiotic ointment applied with a Q-tip daily.
4. Place frozen face cloths gently over eyes every 2-3 hours until thawed. Do this for the first 48 hours after surgery.
5. Wear sunglasses when outside for first 2 weeks after surgery and avoid squinting.
6. You can shower from the neck down after the surgery but avoid getting the tapes on the eyes wet. You can gently wash hair 2 days after surgery.
7. Don't do any activity that increases your heart rate for 4-6 weeks post-surgery. Slow walking right away is recommended.
8. Swelling and bruising are normal and may spread but will settle.
9. Burning or itchiness around surgical site is normal.
10. Time off work is approximately 2 weeks.