



## BLEPHAROPLASTY

### UPPER AND LOWER EYELID REJUVENATION SURGERY

#### WHAT YOU SHOULD KNOW ABOUT BLEPHAROPLASTY

- Blepharoplasty (eyelid tuck) can be performed on your upper or lower eyelids.
- Eyes generally show age before other facial structures. A Blepharoplasty will give a refreshed, alert appearance to your eyes.
- Blepharoplasty is performed using local anaesthetic (numbing medication), We may give you some oral pre-medication to relax you.
- On the upper eyelid, a Blepharoplasty will remove excess tissue which may include skin, muscle and fat.
- We use stitches that will need to be removed.
- A Blepharoplasty does not correct sagging eyebrows. A browlift is required to elevate eyebrows. This can be performed separately. In some patients, a Blepharoplasty may actually make the eyebrows droop more. In these patients, a browlift is required to give the best results.
- After an upper eyelid Blepharoplasty, you should expect bruising and swelling. This actually resolves over one week.
- A risk of an upper eyelid Blepharoplasty is that the eyelid will not completely close. This is usually temporary. However, you would need to use daily eyedrops should this occur.
- For a lower eyelid Blepharoplasty, we make the incision inside the eyelid.
- Because of swelling and bruising from either an upper or lower eyelid Blepharoplasty expect to take one week off from work.

#### PRE-OPERATIVE PLANNING

- Please stop all aspirin or aspirin related products 10 days before the operation.
- Please stop all anti-inflammatories including Ibuprofen/Naprosen/Celebrex or others 10 days before the operation.
- Please stop Ginkgo Biloba, Multivitamins, Vitamin E and Vitamin C and any other herbal preparations at least 10 days before surgery.
- Please arrange to have someone pick you up after surgery as you will not be able to drive.

#### WHAT TO EXPECT THE DAY OF SURGERY

- After being greeted, we will ask you to sign a consent form, and then we will take photographs of your eyes. You will be given a gown to wear before laying on the theatre bed.
- We may give you an inhaler to relax you just before local anaesthetic is injected.
- We will have you lie on the procedure table while we mark your eyelids, place some topical anaesthetic in your eyes, and then also inject your eyelids with local anaesthetic.
- For a lower Blepharoplasty, you will feel the pressure of a protective eyeshield on your eyes.

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#### POST-TREATMENT CARE

- You should place an ice cool eye mask for one hour every three hours while you are awake for the first three days after surgery.
- While awake, you should minimise the time that you are laying down. When going to bed, **elevate your pillow for the first week.**
- No water should be placed on your eyelids for the first 48 hours. Apply ointment 4 times daily to keep the lids moist. You may shower but not wash the eyes for 7 days.
- You must avoid any heavy lifting or strenuous activity for at least 2 weeks. You may resume jogging and noncontact sports after 2 weeks. You may resume more strenuous activities at 4 weeks after the procedure.
- You should not drive for at least the first 24 hours after surgery.
- Please remember to take your prescribed medication.
- Should you experience a steady increase in pain, swelling, or fever, or a decrease in your vision, you **must** contact Dr Feiner immediately.
- You must return for a one week post-operative check.