

# Blepharoplasty

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This material will help you understand blepharoplasty and prepare you for the procedure.

## **What is blepharoplasty?**

Blepharoplasty is a surgical procedure to remove excess skin and bulk from the upper or lower eyelids. The surgery can be performed to correct vision problems or for cosmetic reasons. Specifically, it is a treatment for:

- Excess eyelid skin
- Loose or sagging skin that affects the shape of the upper eyelid and/or blocks vision
- Puffiness of the eyelids due to excess fat deposits
- Wrinkles around the eyes
- Bags under the eyes

## **What should I expect before the surgery?**

Before you have surgery, your doctor will evaluate you and make sure you are a good candidate for the surgery. You will also discuss the issues that you would like to treat with this surgery. This will help the doctor prepare for the procedure. He/she will also discuss the possible risks and complications.

Please refrain from taking any blood thinners like aspirin, ibuprofen and Vitamin E for 10 days prior to surgery. In addition, you should not smoke two weeks before and two weeks after surgery. This is because smoking affects blood flow and healing.

The operating room will call you one business day prior to surgery to give you your surgical time. The operating room nurse will go over any questions you may have. The nurse will tell you what time you will need to stop eating and

drinking to prepare for surgery. The nurse will also let you know which of your regular medications NOT to take the morning of surgery. All other medications, unless the nurse tells you NOT to take them, can be taken with a small sip of water on the morning of surgery.

### **What should I expect during the surgery?**

On the day of surgery, be sure to arrange a responsible adult to come with you, wait during surgery, and go back home with you. This person may stay with you until you are brought into the operating room.

You should plan to spend 4-6 hours at the Kellogg Eye Center on the day of surgery. You will be able to return home the same day. Before going into surgery, your medications and recent health history will be reviewed. The surgery will be performed under local or general anesthesia.

During the surgery, your doctor will make incisions in your eyelid region. The location of the incisions will be in line with your natural eyelid creases. This will help hide any eyelid scarring. After an incision is made, your doctor will remove or reposition the fat in your eyelids. Depending on the procedure, your doctor may also remove any excess skin. The doctor will then close the incisions. Permanent stitches will be removed 3-5 days after the surgery. Self-absorbing stitches do not need to be removed and will dissolve on their own.

### **What should I expect after surgery?**

Your doctor will provide you with postoperative instructions on the day of your surgery. Depending on the details of your surgery, you will need to return to the Kellogg Eye Center between 1- 10 days after surgery for a follow-up appointment.

You should avoid strenuous physical activities for 7 days after surgery. You can apply a cold compress to reduce swelling and bruising. Your doctor will specify which pain medications to use after surgery in case you have any pain. Your doctor will tell you when you can resume your blood thinning medications such as aspirin or warfarin. Your doctor may prescribe an antibiotic ointment and/or eye drops. Follow your doctor's instructions on taking any medications.

### **What are the risks of a blepharoplasty?**

Like all surgeries, there are some risks associated with blepharoplasty. In the short-term, there is a chance that you will have bruising and swelling. Other risks include dryness of the eyes, difficulty closing your eye, and scarring. Serious complications like excessive pain, bleeding, infection, or visual loss are rare. Talk to your doctor about any concerns you have about the surgery.

**For more information, scan this code with your smartphone or visit the website listed.**



<http://www.asoprs.org/files/public/New.InfoBlephBrow.pdf>

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