



# Upper Eyelid Blepharoplasty

## What is Blepharoplasty?

Changes in the skin, muscle and fat around your eyes occur as you age and as the result of some disease processes. As you age, your eyelid tissue stretches, and the muscles supporting them weaken, which may result in:

- Sagging eyebrows
- Excess folds of eyelid skin causing hooding or drooping of upper lids, which may obscure or impair your vision
- Bulges around the eyes causing the appearance of 'bags'

The surgical procedure that removes excess skin and fat is called a Blepharoplasty.

Your eye specialist will discuss if this procedure is appropriate for you. The result may improve your field of view and remove the excess lid folds obscuring your vision. Cosmetically, it can help to restore firmness to the area surrounding the eyes and make you appear more rested and alert.

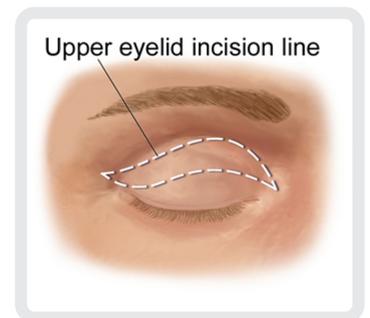
## What happens during a Blepharoplasty?

Please advise your eye specialist if you take aspirin or any blood-thinning medications, as you may be required to stop these prior to surgery.

Blepharoplasty surgery is usually done at the Southern Eye Specialists rooms under a local anaesthetic or at Christchurch Eye Surgery as a day case (if sedation is needed).

An incision is made along the natural crease of the upper eyelid allowing for removal of excess skin and underlying fatty tissue. The incision is closed with fine sutures, which are removed 7-14 days later.

A Blepharoplasty usually takes between one to two hours, and you can return home the same day.



## What should you expect after a Blepharoplasty?

- You will be unable to drive yourself home following surgery. Please arrange for somebody to provide suitable transport and post-surgery support if necessary.
- Immediately after surgery, the incisions will be red and visible. These incisions may take three to six months to fade fully. You may also experience watery eyes, sensitivity to light and double vision following the surgery.
- Some discomfort and tenderness after the surgery are to be expected, especially in the first 72 hours. This should improve as the days pass. Mild pain relief (such as Paracetamol) may be taken, every four hours.

- 
- You may have an eye pad covering one eye. The eye pad stays on for up to 24 hours but can be removed at any time if it is uncomfortable. You can remove it yourself at home and can clean the eyelids with normal tap water.
  - To help reduce swelling and bruising, ice packs can be applied to the eyelids regularly (four to six times per day) for several days after surgery. Make an ice pack with frozen peas or ice chips in a zip lock bag covered with a light cloth. Hold over each eye for 10-15 minutes.
  - Your eyelids may be puffy and feel numb for several weeks, with swelling and bruising similar to sporting a black eye. This may last a week or more.
  - Blurred vision after surgery is common partly due to the ointment used to lubricate and protect the eyes. You will be given an ointment to apply twice daily and this will help with healing. Ointment or moisturiser should be applied at night to the stitch line for 6-12 weeks after surgery. Massage will also help the stitch line to heal well.
  - We recommend you keep your head elevated and avoid lying flat while recovering at home. An extra pillow on the bed overnight is fine - you don't have to sleep in a chair. The eyelids may have a bloody discharge for a few days so you may need to cover your pillowcase with a towel.
  - Keep your activities light and minimal for 5-7 days following surgery. Any activity that raises your blood pressure or pulse rate should be avoided during this time, including housework, exercise, and lifting heavy objects.
  - You can wash your face and hair two days following surgery. However, avoid wetting the skin sutures/wound directly. The best technique in the shower is to keep water flow to the back of your neck.
  - Eyelid sutures are removed at Southern Eye Specialists, approximately seven days after surgery.
  - After suture removal, most patients are able to gently apply makeup to disguise any residual bruising. Your eyes may still be slightly swollen at this point.
  - Although you may have some residual bruising and swelling after the removal of sutures most patients are socially presentable at this time with a little help from gentle makeup application. You may wish to allow a month before any important social engagements to allow the swelling and bruising to become unnoticeable.

---

## What are the risks of a Blepharoplasty?

As with any surgery, Blepharoplasty carries some risks such as:

- Bleeding
- Infection
- Unpredictable scarring
- Adverse reaction to the anaesthetic
- An exceptionally rare complication is loss of vision due to bleeding behind the eye

This is an example of results from a Blepharoplasty:



*Before surgery.*



*After surgery.*

***For any concerns during your post-operative care, please call Southern Eye Specialists or your eye specialist directly.***

---

### **Southern Eye Specialists**

128 Kilmore Street, Christchurch, New Zealand  
PO Box 21023, Edgware, Christchurch 8143  
[www.southerneye.co.nz](http://www.southerneye.co.nz)

**T:** 03 355 6397

**F:** 03 355 6156

**E:** [info@southerneye.co.nz](mailto:info@southerneye.co.nz)