



PLASTIC &  
RECONSTRUCTIVE  
SURGEON

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## INFORMATION LEAFLET BLEPHAROPLASTY

### ADVANTAGES:

- Removal of excess eyelid skin and fat.
- Innovative and rejuvenating effect on the face and around eyes.

### DISADVANTAGES:

- Scars on the eyelids. Normally not visible after 12 – 18 months.
- Pain and discomfort for the first few days after the operation.
- Swelling and severe bruising around the eyelids making it difficult to see for the first 7 days.

### RISKS AND POSSIBLE COMPLICATIONS:

- Hematoma (collection of blood must be drained) → this is a serious complication and can lead to blindness). If you experience severe pain, sparkles & flashes, vision loss (red colour 1<sup>st</sup>) – please contact the rooms immediately.
- Temporary inability to completely close eyes.
- Temporary Inability to open upper eyelid.
- Infection (rare).
- Dryness and scratchiness is normal, if no foreign object or bloodiness is present.

### ADDITIONAL INFORMATION:

- You must be fasting for 8 hours before the procedure.
- No smoking for 4 weeks before and 6 weeks after the procedure.
- Please report to the Hospital Admissions Desk 2 hours before the procedure.
- You should stop taking vitamins pills, herbs and any non-prescribed drugs 2 weeks before and 2 weeks after the procedure.
- The stitches are removed 7 days post-op. Please schedule an appointment.

### POST-OPERATIVE CARE:

- Ice bags can be placed on eyes – do not put the ice bags directly on the skin. Use a gauze or cloth between the ice bag and your skin.
- Complete the course of Antibiotics and take the prescribed pain medication as indicated.
- Do not remove the wound dressing.
- Day to day activities can resume after 2 weeks rest.
- Exercise can be resumed after 6 weeks.
- Do not use tissue- or Bio-oil on the scars, unless the section lines are completely healed.
- Wound healing and the final outcome of the scar is an on-going process and will only be completed after 12–18 months.
- After you have the stitches removed, you have to follow up after 6 weeks and again after one year.