

If you experience any problems such as increasing pain, worsening vision, signs of infection or bleeding following your operation, please contact the Eye Clinic on:

**01744 646136**

Monday - Friday 9:00am - 5pm

Outside these hours and bank holidays ring **0151 426 1600** and ask for the on call Ophthalmologist.

Any questions regarding your follow up appointment please contact:

**01744 646130 / 01744 646131**

**Sanderson Suite Contact Number: 01744 646089**

St Helens Hospital  
Marshalls Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633

[www.MerseyWestLancs.nhs.uk](http://www.MerseyWestLancs.nhs.uk)

## Blepharoplasty Surgery (Eye Lid Surgery)

### Patient Information Leaflet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

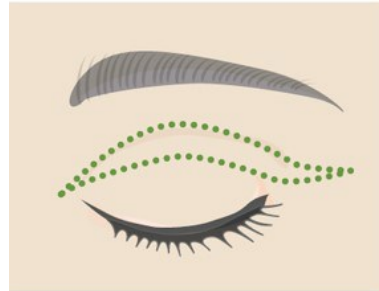
إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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Eyelid surgery (blepharoplasty) is cosmetic surgery to remove excess skin or fat from the eyelids. The aim is to improve hooded or drooping eyelids or eye bags. A blepharoplasty can be done under local anaesthetic with sedation or under general anaesthetic.

## Surgery on the upper eyelids generally involves:

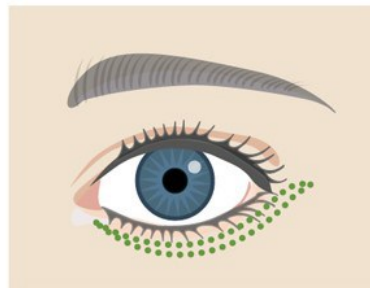
- Making a cut (incision) along the eyelid crease in the natural skin fold of the eyelid.
- Removing excess skin, fat or muscle.
- Closing the incision – the scar will usually be hidden in the natural fold of the eyelid.



Upper Blepharoplasty

## Surgery on the lower eyelids generally involves:

- Making an incision either just below the lower eyelashes or on the inside of the lower eyelid.
- Repositioning or removing fat from the bags under the eyes, and sometimes also a small amount of skin.
- Supporting the muscles and tendon of the eyelid if necessary closing the incision.



Lower Blepharoplasty

- Prop your head up with pillows for a couple of days when resting, to reduce swelling.
- If you have been given eye ointment, please apply as instructed with a clean finger-tip or directly on the wound and gently apply to the area where the stitches are (if applicable).
- Hold a cold pack to your eye for a few days – try an ice pack wrapped in a tea towel, this will help to reduce swelling. Do not place ice directly onto the skin.
- You may benefit from wearing sunglasses to protect your eyes from the sun and wind.
- Your eyes may be sore and tender, please take simple analgesia such as paracetamol, always follow the instructions on the packet.

If any bleeding occurs, apply direct pressure with clean gauze. If it does not stop, seek medical advice

## You may experience the following:

- Puffy, numb eyelids that are difficult to close at night.
- Irritated, sensitive or watery eyes – this may last a few weeks.
- Bruising that looks like a black eye.
- Scars – these eventually fade to almost be invisible.

## Things to avoid:

- Strenuous activity and swimming for a few days.
- Smoking, as smoke can irritate your eyes.
- Wearing contact lenses or rubbing your eyes.
- Driving, for a couple of days, if your eyes are blurred or swollen.
- Rubbing or touching the eyes with a used handkerchief or tissue.