

Further information is available from the following sources:

British Oculoplastic Surgery Society (BOPSS): treatment of common eyelid conditions

Royal College of Surgeons: cosmetic surgery information hub

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St Helens and Knowsley  
Teaching Hospitals  
NHS Trust

## Blepharoplasty (Eye Lid Surgery)

### Patient Information Leaflet

This leaflet can be made available  
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

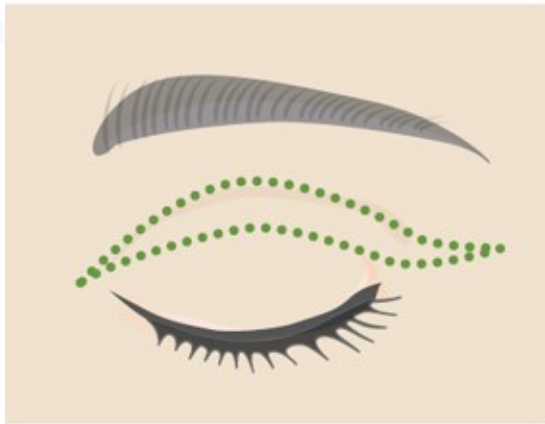
Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

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## Blepharoplasty

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.



Upper Blepharoplasty

### 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

Ward Contact Number

01744 646089 / 646098

Your nurses today were .....

.....

Your Consultant is .....

Outpatients appointment will be in .....

## Further Information

You will be sent a follow appointment if required

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

01744 646136

Monday-Friday 9-00am-5pm

Or

Outside these hours and bank holidays

Ring 0151 426 1600

and ask for the on call ophthalmologist.



Lower 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

## Post Op Information

- 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 a packet of frozen peas wrapped in a tea towel, this will help to reduce swelling
- 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