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BLEPHAROPLASTY:

Blepharoplasty is surgery to repair droopy eyelids by removing excess skin, muscle, and fat.

Blepharoplasty may be an option if you have:

- Baggy or puffy upper eyelids.
- Excess skin of the upper eyelid that interferes with your vision.
- Droopy lower eyelids, which may cause white to show below the iris (colored part of the eye).
- Excess skin on lower eyelids.
- Bags under your eyes.

Risks

As with any surgery, blepharoplasty carries some risks, such as infection or reaction to anesthesia. Other possible risks specific to this surgery include:

- Temporary numbness of the eyelid skin.
- Dry, irritated eyes.
- Temporary vision changes, such as double vision.
- Impaired eyelid function.
- Scarring.
- A very small risk of blindness due to bleeding behind the eye.

Before blepharoplasty, you'll be asked to:

- Stop taking aspirin, ibuprofen (Advil, Motrin, others) and other nonsteroidal anti-inflammatory drugs (NSAIDs), as well as herbal supplements associated with increased bleeding. It's best not to use these medications and supplements for two weeks before and after surgery.
- Avoid exposing your skin to excess sunlight for one week before surgery and 2-3 months after surgery.

After the procedure:

- Blepharoplasty usually takes less than 2 hours, depending on the amount and location of tissue being removed.
- After surgery, a lubricating ointment will be applied to protect your eyes and prevent dryness. The ointment often may cause temporary blurred vision. You may also experience excessive tearing, light sensitivity, and double vision just after the surgery.
- During recovery, eyelids typically feel tight and sore.
- Your incisions will be red and visible at first, and your eyelids may be puffy and feel numb for several days. Swelling and bruising, similar to having "black eyes", will likely last a week or more. Ice packs or cold compressed applied to your eyes can help reduce swelling.

Precautions one week after surgery, unless advised otherwise:

- Use caution with activities that may dry the eyes out; i.e. watching television, reading, and using a computer.
- Avoid swimming.
- Avoid strenuous activities, such as aerobics and jogging.
- Sleep with your head raised higher than your chest.
- Don't lift anything weighing more than 20 pounds (9 kilograms).
- Follow your doctor's instructions for cleaning your eyes and using eye drops.

- As you may be sensitive to sunlight, wind, and other irritants for several weeks, you should wear sunglasses.
- Seek medical attention immediately if you experience shortness of breath, chest pains, an unusual heart rate, new pain, bleeding, or visual disturbance.

Results of procedure:

- Scars from the incisions may take six months or longer to fade. Take care to protect you delicate eyelid skin from too much sun exposure during this time.
- There might be a slight asymmetry in healing or scarring may occur.