



Bohloul Hospital

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## What Is Blepharoplasty? Information Booklet For Patients



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## Eyelid Surgery (Blepharoplasty)

It is a cosmetic surgery that includes the repair of drooping eyelids by removing skin and excess fat and muscle tissue. The aging process of the skin causes the eyelids to stretch and the relevant muscles to weaken. This problem, in addition to creating an older appearance, causes problems with peripheral or lateral vision. Fortunately, eyelid problems can be treated very effectively by Blepharoplasty, which is a relatively inexpensive procedure. It's easy to fix. If your eyes make your appearance look faded and tired, Blepharoplasty can give you a lively, alert and younger look.

You may choose this surgical procedure for one of the following reasons:

- The presence of cysts under the eyes
- Drooping eyelids
- Vision problems due to puffy eyelids
- As part of face lift or eyebrow lift surgery

### Before proceeding, pay attention to the following points:

- ❖ If you get a cold, sore throat, herpes or any other disease before the operation, inform the doctor.
- ❖ Eat a light dinner the night before the operation and fast from 12 midnight onwards.
- ❖ Please refrain from eating Aspirin or substances containing Aspirin or Ibuprofen from one week before the operation and up to 4 weeks after the operation. Tell your doctor immediately if

you are taking medication that affects blood circulation and bleeding.

- ❖ Please, if you have a history of using drugs and Alcohol; Avoid taking drugs and drinking Alcohol two weeks before the operation and two weeks after the operation. If you do not stop taking these two, the healing of the wound will take longer.
- ❖ Please inform your doctor about all your medical and treatment records and the use of your medicines.
- ❖ Before entering the operating room, be sure to completely remove any make-up on your face

**After the operation, it is necessary to observe the following points:**

- Tearing, swelling and bruising are normal symptoms after Blepharoplasty surgery, which improve during the first week of surgery.
- After you regain consciousness, an ice compress will be placed on your eyes, which will reduce swelling and bruising after surgery.
- Due to the fact that eye ointment is applied to your eyes after the operation, you may have blurred vision after regaining consciousness.
- Carry out your medication according to the prescribed prescription, accurately and completely.
- Smoking and inhaling cigarette smoke delay the healing process and should be strictly avoided.

- Slight pain, bruising and swelling are normal after surgery. The use of painkillers, ice packs and some patience are necessary to pass the stage.
- For two weeks after the operation, consume only fluids and watery and soft foods to minimize the need to chew.
- Since "vitamin C" helps to repair the surgical site, use foods containing vitamin C such as oranges, capsicums, tomatoes, lemons and pineapples for 4 weeks after surgery.
- Rest completely the day after surgery. Just one week after surgery, put two to three pillows under your head while sleeping to raise your head
- Do not bend over, lift heavy objects or perform strenuous activity.
- It is forbidden to drive for a week after the operation.
- Keep the surgical site dry for 24 hours after the operation.
- Visit 7 days after the operation to remove the stitches. Take a shower and wash your hair before visiting.
- After removing the sutures, a sterile dressing is placed on the suture site, which must be kept dry and not moved.
- Do not be exposed to direct sunlight for 1 month to prevent stains on the eyelid.
- Avoid eating salty foods and ingredients that you are allergic to.
- You can use sunglasses to cover eyelid swelling for the first few days after surgery.

**Stay Healthy**  
**Health Education Unit**