

BLEPHAROPLASTY (EYELID SURGERY) PATIENT INFORMATION GUIDE

(Educational material - not a replacement for personalised medical advice.)



Information For Patients

This booklet provides information to help you decide whether to have blepharoplasty (eyelid surgery). It explains how the procedure is performed, the potential benefits and risks, and what to expect before, during and after treatment.

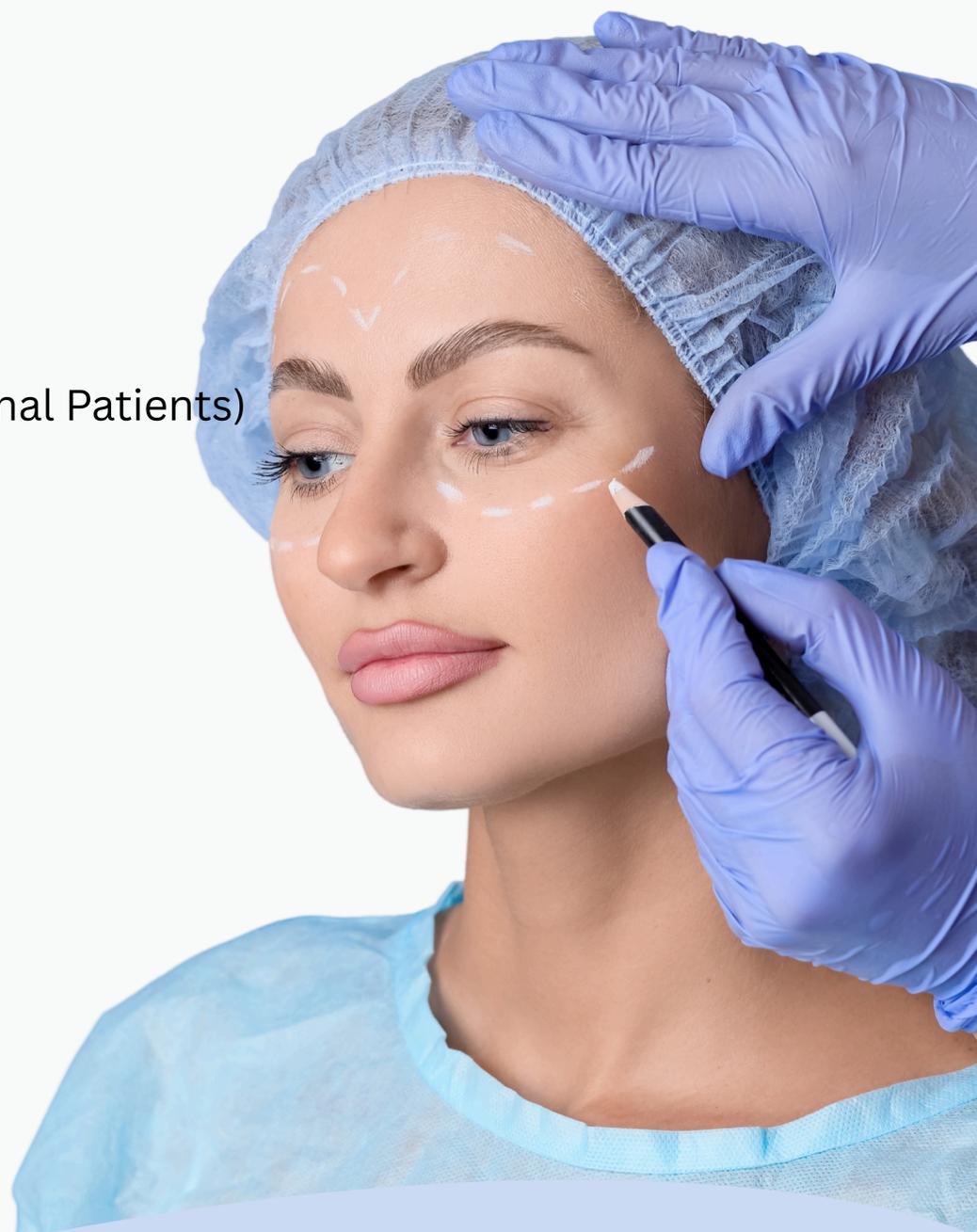
You may wish to discuss this information with a relative or carer before making your decision. You will be asked to sign a consent form prior to treatment, so it is important that you understand the contents of this booklet before proceeding.

If you have any questions, you may find it helpful to write them down so that you can discuss them with your surgeon or a member of the clinical team.

This document is intended for educational purposes and does not replace a personalised consultation with a qualified medical professional.

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What is Blepharoplasty?

Blepharoplasty is a surgical procedure that removes excess skin, muscle or fat from the eyelids.

The procedure can be performed on:

- the upper eyelids
- the lower eyelids
- or both

It is commonly performed to improve the appearance of tired or drooping eyelids and may also help improve vision if excess upper eyelid skin obstructs the field of view.

Why Consider This Procedure?

Patients may consider eyelid surgery if they experience:

- Drooping upper eyelids
- Excess skin that affects vision
- Puffiness caused by fat deposits
- Bags under the eyes
- A tired or aged appearance around the eyes

Blepharoplasty does not treat wrinkles around the eyes or dark circles, although it may improve overall eye contour.



Preparing for Surgery

Before surgery you may be advised to:

- Stop smoking several weeks before surgery
- Avoid blood-thinning medications unless approved by your doctor
- Disclose all medical conditions and medications
- Arrange transportation home after surgery
- Avoid contact lenses for a short period after the procedure

A medical assessment may be required prior to surgery.

Your Treatment Journey (International Patients)

Initial Assessment

Medical history and photographs of the eye area are reviewed.

Travel Arrangements

Airport pickup and accommodation are coordinated through the treating hospital.

Pre-Operative Appointment

Your surgeon examines eyelid structure and discusses surgical planning.

Surgery Day

Depending on the procedure, surgery may be performed in a clinic or hospital setting.

Post-Operative Stay

Most patients are discharged on the same day.

Return Travel

Patients are generally advised to remain abroad for approximately 5–7 days before flying home.

The Procedure

Upper eyelid surgery typically involves removing excess skin and fat through a small incision in the natural eyelid crease.

Lower eyelid surgery may involve removing or repositioning fat deposits and tightening the lower eyelid.

Anaesthesia requirements vary:

- **Upper eyelid** blepharoplasty is commonly performed under local anaesthesia, sometimes with mild sedation.
- **Lower eyelid** surgery may be performed under general anaesthesia or deep sedation, particularly when more extensive correction is required.

The procedure usually takes between 1 and 2 hours depending on complexity.

After the Operation

After surgery you may experience:

- Swelling and bruising around the eyes
- Temporary blurred vision
- Mild discomfort or tightness
- Increased sensitivity to light

Cold compresses and eye ointments may be recommended.



Recovery and Expected Results

First Week

Swelling and bruising are common. Most stitches are removed within several days.

Weeks 2–3

Bruising gradually fades and normal activities can usually resume.

Months 2–3

Final results become more visible as swelling settles. Scars are typically well hidden in natural eyelid folds.

Aftercare Instructions

You may be advised to:

- Apply cold compresses to reduce swelling
- Use prescribed eye ointments or drops
- Avoid strenuous activity for several weeks
- Sleep with the head elevated
- Protect the eyes from sun exposure

Following aftercare instructions helps support proper healing.



Potential Benefits

Blepharoplasty may:

- Improve eyelid appearance
- Reduce puffiness or under-eye bags
- Restore a more refreshed facial appearance
- Improve vision if excess skin obstructs the visual field

Results vary between individuals.

Risks and Complications

All surgical procedures carry some degree of risk. Outcomes and recovery times vary between individuals.

Possible complications include:

- Infection
- Bleeding
- Dry or irritated eyes
- Temporary blurred vision
- Difficulty closing the eyes completely (usually temporary)
- Scarring
- Asymmetry
- Rare vision complications

Your surgeon will discuss risks during consultation.

Procedure-Specific Considerations

Upper vs Lower Eyelid Surgery

Upper eyelid surgery primarily addresses excess skin, while lower eyelid surgery focuses on under-eye bags and fat repositioning.

Eye Health

Patients with certain eye conditions may require additional evaluation before surgery.

Skin Elasticity

Skin quality can influence surgical results.

Combination Procedures

Blepharoplasty is sometimes combined with other procedures such as brow lift or facelift.

Vision Improvement

In some cases, removal of excess upper eyelid skin may improve peripheral vision.

When to Seek Medical Advice

Seek medical attention if you experience:

- Severe pain
- Sudden vision changes
- Increasing swelling or redness
- High fever
- Excessive discharge from incision sites



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Questions to Ask Your Surgeon

You may wish to ask:

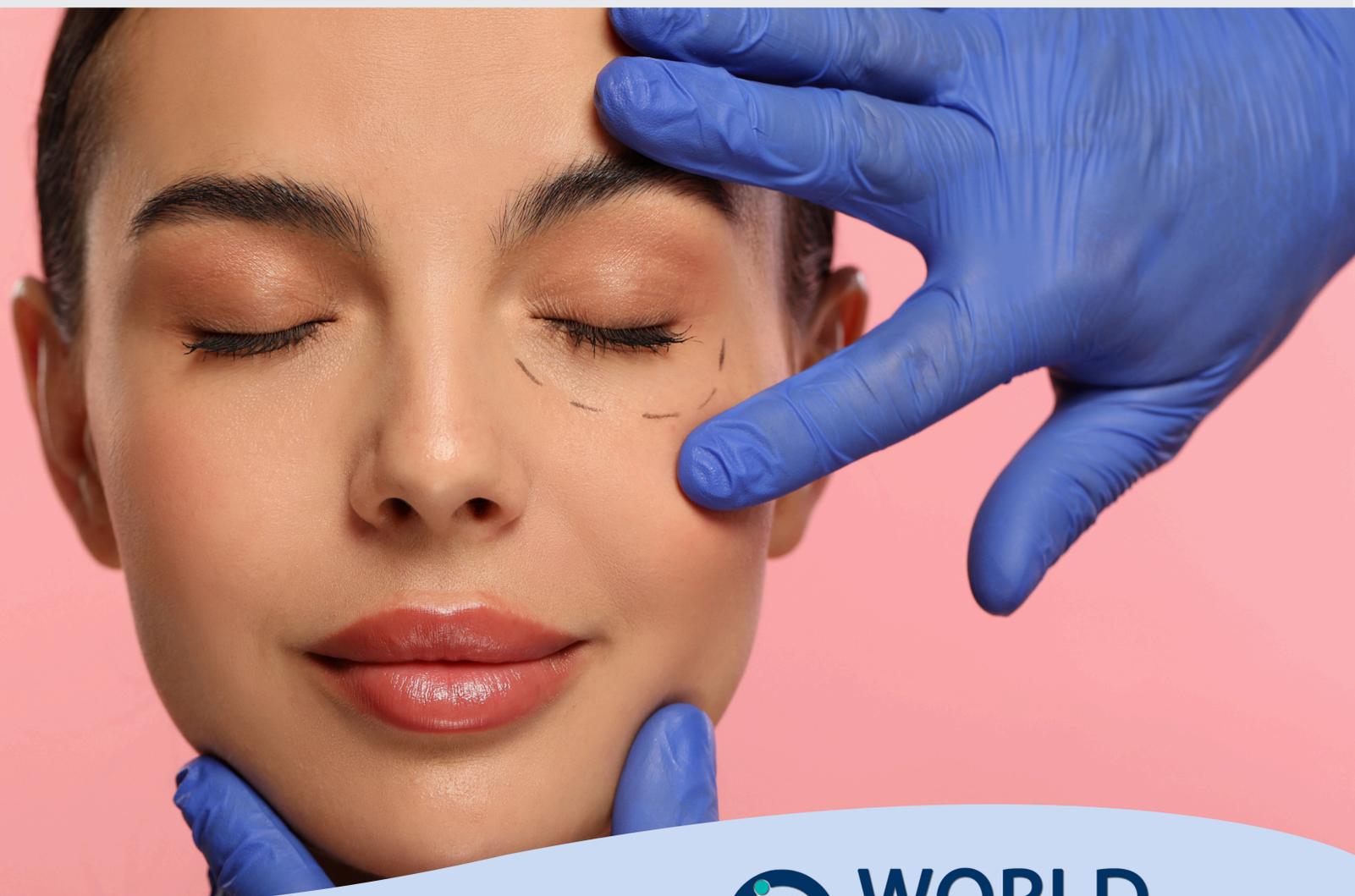
- Is upper or lower eyelid surgery recommended for me?
- Will the procedure be performed under local or general anaesthesia?
- What results can I realistically expect?
- What is the expected recovery timeline?

Further Information and Consent

Before proceeding with surgery you will be asked to confirm that:

- You understand the nature of the procedure
- The potential risks and benefits have been explained
- You have had the opportunity to ask questions

The final decision regarding suitability for surgery is made by the treating surgeon following medical assessment.



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Contact Information

If you require further clarification before your consultation or treatment, please contact:

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