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# OP02lite Blepharoplasty

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This document will give you information about blepharoplasty. If you have any questions, you should ask your GP or other relevant health professional.

### **What is a blepharoplasty?**

A blepharoplasty is an operation to remove excess skin and fat from your eyelids and to tighten the skin and soft tissues of your eyelids.

### **Is a blepharoplasty suitable for me?**

As you get older, loses its elasticity (stretchiness) and gravity pulls down on the skin and soft tissues of your eyelids (see figure 1).

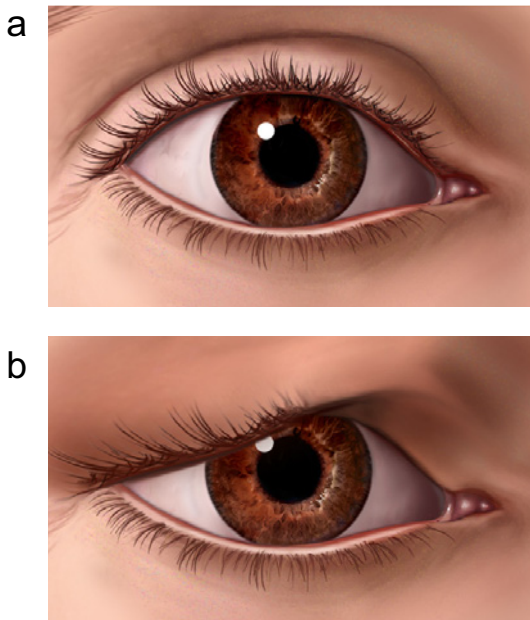


Figure 1

- a Normal eyelid
- b Sagging eyelid

Sometimes, a drooping eyebrow and forehead can make your upper eyelid look as if it is sagging.

Skin in the lower eyelid can lose its tone, sag and develop wrinkles, and appear puffy due to bulging fat pads.

Your surgeon will carry out a detailed assessment before deciding if surgery is suitable for you.

### **What are the benefits of surgery?**

If the operation is successful, your face should look younger and brighter. If your upper eyelid is interfering with your vision, your vision should improve.

### **Are there any alternatives to a blepharoplasty?**

Your surgeon may be able to assess you for laser skin resurfacing, where a laser is used to gently burn the surface of your skin. Injecting Botox can smooth out fine wrinkles.

### **What does the operation involve?**

A blepharoplasty is usually performed under a local anaesthetic injected into the eyelids and takes up to an hour and a half. Your surgeon will make a cut in the natural skin crease of your eyelid and will remove any excess skin and fat.

### **What complications can happen?**

#### **1 General complications**

- Pain
- Bleeding
- Infection of the surgical site

#### **2 Specific complications**

- Too much skin is removed
- Bleeding into your eye socket
- Cornea abrasion
- Double vision
- Cosmetic problems

## How soon will I recover?

You should be able to go home a few hours after the operation. You should not do any strenuous activity and keep your head raised.

You should not wear eye make-up for at least a few weeks. Try to keep your face out of the sun.

Regular exercise should help you to return to normal activities as soon as possible. Before you start exercising, you should ask a member of the healthcare team or your GP for advice.

The results of a blepharoplasty can last for five to ten years and sometimes can be permanent. Your face will still continue to age but should always appear younger than if you had not had surgery.

## Summary

A blepharoplasty is a cosmetic operation to make your eyelids appear younger and in some cases to improve your vision. You should consider the options carefully and have realistic expectations about the results.

## Acknowledgements

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