

## Eyelid surgery

These instructions are intended for printing. The instructions contain sections to be filled in.

Eyelid surgery (blepharoplasty) is performed for functional reasons when excess skin on the upper eyelids causes the eyelids to droop over the eyelashes, restricting your field of vision. The decision to operate depends on the height of the eye socket and the location of the margins of the upper eyelid and the skinfold.

If the purpose for the surgery is purely cosmetic, the operation cannot be performed in public health care. Before the operation, the suitability of the type and technique of surgery will be assessed. If the eyebrows or forehead have descended, contributing to the excess skin in the upper eyelids, it may be necessary to also perform a brow or forehead lift.

### Procedure

The operation is performed under local anaesthesia and involves removing excess skin from the upper eyelids. At the same time, any bulging fat in the eyelids will be reduced by cauterising or, more rarely, by removing a moderate amount of it surgically. Descended eyebrows will be corrected during the same procedure if they contribute materially to the skinfolds.

### Recovery

After monitoring, you will be able to return home the same day. Application of cold or cool compress (1 to 2 hours) will be started immediately after the procedure in the recovery room to reduce bruising and swelling. The application of the compress should be continued at home as frequently as possible during the first day.

For the first three days, physical exertion and bending down are absolutely forbidden (you should put your shoes on, for example, while sitting on the chair). While sleeping, you should prop your head up with a couple of pillows.

You may have reduced sensation at first on the skin of your upper eyelid or at the eyelash margin. This usually resolves within 3 to 12 months. If you tend to suffer from dry eyes, the surgery may temporarily make this worse during the recovery period. You can use moistening eye drops to treat this.

Scar reactions vary individually, and it may take several months for the scars to fade. If necessary, you may use silicone gel to soften the scar. Usually, however, eyelid wounds heal very quickly within a few weeks and the scars disappear in the eyelid crease.

## Wound care

Surgical cuts in the eyelids are closed using removable intracutaneous stitches with tape attached at the ends. It is common for the wounds to ooze bloody tissue fluid during the first few days. You may rinse/shower the wounds carefully with lukewarm water 24 hours after the operation. Dry the tapes lightly with a towel.

The stitches are usually removed one week after the operation on \_\_\_\_/\_\_\_\_ in outpatient care. Bruising will continue for 1 to 2 weeks. You can start to carefully apply some makeup on your upper lid 1.5 to 2 weeks after the operation. You can go to sauna and swim 2 weeks after the operation.

## Pain management

Ordinary painkillers will be sufficient to treat the pain.

Paracetamol

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Anti-inflammatory painkiller

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Follow-up check will take place 2 months after the operation at the Plastic Surgery Outpatient Clinic.

Sick leave will be approximately two weeks long.

## Contacting us

Contact us if:

- There is heavy bleeding from the wound or swelling, particularly if only on one side
- You have increasing pain, heat, redness or swelling of the wound, particularly if only on one side
- There is purulent discharge from the wound
- You have had a fever of more than 38 degrees (Celsius) for 24 hours
- Your eyesight becomes worse, particularly if only on one side

Day Surgery Unit on weekdays 07.00–15.00, telephone 06 213 1552

Or your own health Centre

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117



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This instruction is intended for our patients who are in care relationship.