

Upper Eyelid Reduction (blepharoplasty)

This operation is done in both men and women and it involves removing excess skin and sometimes muscle and fat from the upper eyelid. It is usually done under local anaesthesia. The scar runs along the upper eyelid and out to the side of the eye into one of the natural creases of the smile lines or “crows’s feet”. Recovery is quick, most people are back to their routine activities after a week, whereas the bruising may take two weeks to resolve. This procedure may be done under general anaesthesia and is often done at the same time as other facial surgery.

Our forehead muscles lift up our upper eyelids and frequently there is a difference in the amount of skin in each eye due to an in-balance of muscle activity. Sometimes the problem of heaviness of the upper eyelid is due to excess drooping of the eyebrow and the problem cannot be satisfactorily corrected without doing a brow lift operation also.

At the start of the procedure, I will mark your upper eyelid prior to your anaesthesia, so that I can judge how much skin should be removed. Afterwards you will usually have a single stitch that is held in place with tape. The sutures will be removed about five to seven days after the operation. There is usually bruising in both the upper the lower eyelid giving “black eyes”. The upper eyelid will feel tight for some time, this occurs particularly three to four weeks after the operation.

Massage of the scar usually helps to soften the feeling of tightness. In some people the scar can be red for three to four months, but after then as a rule, this operation seldom leaves problematic scars. Some patients may get a feeling of dryness in the eyes and then it helps to have eye drops to soothe the sensation of dryness. In the first few weeks there is a feeling that there is an unequalness in the eyes, where one eyelid has more skin than the other, but this usually balances out. The reason this happens is because the forehead muscles that lift the eyelids up are re-balancing. The eyelids often look swollen for about three months and it is not possible to judge the final result until after that time. During this recovery in about a third of patients, the skin of the upper eyelid is quite red. In rare cases a corrective operation is necessary and this is usually done after 6 months. There is no surgical fee for this, but there will be a hospital fee. In most cases this minor revision is done under a local anaesthetic, but if a general anaesthetic is required there will be a fee. The anaesthetic fees are set by the Consultant Anaesthetist.

- **We would ask you not to take any herbal or over the counter medicines prior to having a surgical procedure. Many Homeopathic chemists advocate arnica before surgery however this is quite harmful as it causes more bleeding during surgery.**
- **You will be given antibiotics during your surgery. Do remember that for women using the oral contraceptive, this will be less effective as a result of taking antibiotics, especially the oral ones. You will need an alternative form of contraception whilst taking the antibiotics and for seven days afterwards.**

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