

## Operation Information

### Lower Lid Blepharoplasty

#### Introduction

The etiology of baggy eyelid includes the accumulation of pigmentation, enlargement of vascular tissue underneath and most commonly, the bulging of periorbital fat. These changes are perceived as baggy eyelids, which give one a chronically tired appearance. Eyelid surgery (blepharoplasty) is cosmetic surgery to remove excess skin or fat from the eyelid. There are two common surgical approaches as below:

#### **1. Internal Surgical Incision Approach**

This approach is suggested for clients with relatively fair quality of eyelid skin as well as the absence of any drooping skin and the adjacent tissue. The goal of this approach is to remove excessive bulging periorbital fat without creating any visible scar.

#### **2. External Surgical Incision Approach**

This approach is suggested particularly for those baggy eyelids caused by sagging skin and the contraction of orbital muscles. By removing the excess periorbital fat with the uplifting of eyelids, the sagging appearance of the eyelids caused by aging can be resolved.

#### Outcomes

The expected outcome of this operation is to improve the appearance of the eyelid(s) with effective cosmetic result. The exact procedures performed are individualized for each client and the benefits also vary.

#### Procedures

##### Internal Incision

1. This surgical procedure can be performed under local anaesthesia or general anaesthesia, depending on the client's physical condition and personal preference.
2. A small incision is made below eyelashes.
3. Excessive skin and fat are trimmed and the orbital muscle fibers are tightened.
4. The wound is closed with sutures.

##### External Incision

1. This surgical procedure can be performed under local anaesthesia or general anaesthesia, depending on client's physical condition and personal preference.
2. An incision is made along the lower eyelid margin.
3. Fat pads are removed with excessive skin and muscles trimmed.
4. The wound is closed with sutures.

#### Possible Risks and Complications

Lower lid blepharoplasty is a simple and yet safe surgery. However, possible risks and complications are indicated as following:

1. Adverse reaction to anaesthetic drugs
2. Excessive bleeding

3. Wound infection
4. Possibility of blindness
5. Ectropion

\*\* The risks listed above are in general terms and the possibility of complications is not exhaustive. Please understand that even though all operations are carried out with utmost professionalism and care this does not rule out the possibility of complications arising. In the event of peripheral organ damage or post-operative haemorrhage or leakage, further operations may be required.

### **Pre-operative Preparations**

1. Good hygiene can prevent surgical wound infection. Therefore, we advise you to clean up yourself on the day of operation.
2. The procedure and possible complications will be explained by the doctor and a consent form must be signed prior to the operation.
3. Please inform the doctor and nurse all your past medical history, previous surgical operations, current medication and any complication with drug or anaesthesia. Please inform doctor if you are taking medications that affect blood coagulation, such as Aspirin, Warfarin, Xarelto or Pradaxa and Chinese medication.
4. No smoking before operation.
5. Photo shooting may be arranged for documentation.
6. No food or drink six hours before operation. (For general anaesthesia only)
7. Please change into a surgical gown after removing all clothing including undergarments, dentures, jewellery and contact lenses. Do not put creams, lotions, or makeup on the face or around the eyes.
8. Please empty your bladder before the operation.

### **Post-operative Instructions**

#### **General**

1. After general anaesthesia, you may:
  - experience discomfort in the throat after tracheal intubation.
  - experience side effects of anaesthesia includes feeling tired, drowsy, nausea or vomiting. Inform the nurse if symptoms persist or worsen.
2. Please inform the nurse of wound pain. Proper pain relief treatment by injection or oral medication may be prescribed by the doctor.
3. The presence of pain, redness and swelling can be found at the surgical site after surgery. It is temporary in nature.
4. Sufficient rest is highly suggested after lower lid blepharoplasty. Avoid opening the eyes with force under any circumstances.
5. The use of contact lens should be avoided two weeks after the surgery.

#### **Wound Care**

1. Ice pad is applied on surgical site gently at all time after surgery to prevent swelling.
2. Do not worry if there is some blood on the eye pad when you remove it. Clean the eyelids gently with tissues soaked in cooled, boiled water.
3. Bruises and swelling may appear around the surgical sites for a few days and it is considered normal.
4. Keep your wound clean and dry at all time. The swelling will be subsided gradually once the stitches are removed.
5. Bleeding after the operation is usually slight and stops within a short time.

#### **Diet**

A normal diet may be resumed as instructed after recovery from anaesthesia.

Activities

1. Vigorous exercise and activities with sun exposure or swimming should all be avoided 10 days after the surgery.
2. Rubbing of eyes should be avoided several weeks after surgery.
3. Eyelid make-up can be worn from about three weeks after the surgery.

**Advices on Discharge**

1. Please comply with medication regime as prescribed by your doctor.
2. 24 hours after the surgery, home stay is highly suggested with the application of ice pad.
3. Dry, gritty eyes for a few weeks can be helped with lubricant eye drops. The vision may be slightly blurred for a few days.
4. Immediately consult your doctor or return to hospital for professional attention in the event of severe wound pain associated with redness and swelling, tenderness, secretion of pus, blood seepage, shivering, high fever over 38°C or 100°F, or any other unusual symptoms etc.
5. Any follow-up consultation should be attended as scheduled.

Should there be any enquiries or concerns, please consult the attending doctor.

Under the professional care of the doctor, you will gradually recover. We wish you all the best during your treatment and recovery.

If you have any questions after reading the entire leaflet, please write them down in the spaces provided in order for the doctor to further follow-up.

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Compiled by Union Hospital Operating Theatre (OT) Governance Committee

The above information is for reference only, please enquire your physician for details  
Our Hospital reserves the RIGHT to amend any information in this leaflet without prior notification