

Operation Information

Blepharoplasty

Introduction

Blepharoplasty is an operation, which removes excess skin from the upper eyelids. It can be achieved by incision approach or double suture technique (DST) approach. The advantage of the traditional incision approach is the flexibility it allowed depending on individual anatomy. Whereas, the duration of recovery is relatively longer. Hence, the advantages of DST approach are quicker recovery and the absence of any scarring. In some situation, some loose skin persists, often at the outer end of the eyelid and further surgery may be required.

Outcomes

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

Procedures

Incision Approach

1. The procedure can be performed under local or general anaesthesia, depending on physical conditions and personal choices.
2. Area of proposed skin excision is marked by surgeon for positioning.
3. After confirmation, an incision is made with excessive skin and fat trimmed around the eyes.
4. The wound is closed with suture and “doubled eyelid” is created.

Double Suture Technique (DST) Approach

1. The procedure can be performed under local or general anaesthesia, depending on physical conditions and personal choices.
2. Area of proposed skin is marked with 3 points by surgeon for positioning.
3. After confirmation, the 3 points are sutured to create “doubled eyelid”.

Possible Risks and Complications

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

1. Pain and swelling over the surgical site
2. Allergic reaction towards the use of anaesthetic drugs
3. Bleeding
4. Infection at the surgical site
5. Asymmetry of bilateral upper eyelids
6. Possibility of disappearance of the “crease” with eye-rubbing movement

** 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. Photo shooting may be arranged for documentation.
5. No food or drink six hours before operation. (For general anaesthesia only)
6. 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.
7. 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. Understanding over the scarring issue post-operatively is highly suggested. Information can be obtained from doctor with details.
4. Sufficient rest is highly suggested after blepharoplasty. Opening the eyes with force under any circumstances should be avoided.
5. The use of contact lens should be avoided two weeks after the surgery.

Wound Care

1. Please prop your head up with pillows for a couple of days, when resting, to reduce swelling.
2. Ice pad is applied on surgical site gently at all time after surgery to prevent swelling.
3. 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.
4. Bruises and swelling may appear around the surgical sites for a few days and it is considered normal.
5. Keep your wound clean and dry at all time. The swelling will be subsided gradually once the stitches are removed.
6. Bleeding after the operation is usually slight and stops within a short time.
7. Please wear sunglasses to protect your eyes from the sun and wind.

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 be avoided 10 days after the surgery.
2. Rubbing the eyes should be avoided at all time.
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 consultations 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.

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