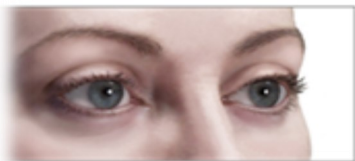




blepharoplasty



Before
procedure



After
healing

Health Education Unit, Mother Hospital

Target Group: With a patient education approach

Active clinics in mother hospital

clinic	place	Activity time	Internal code	service
Mother's milk	Third floor-surgery ward3	8-12	323	Providing breastfeeding training and resolving problems related to breastfeeding and breast pump placement
Public health education	Ground floor	8-12	127	Providing education about diabetes and blood pressure and free checking of blood pressure and blood sugar for visitors

You can access the content of this pamphlet by scanning the QR-Code.



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Seek medical attention immediately if you experience any of the following:

- Shortness of breath
- Chest pain
- An unusual heart rate
- Severe new eye pain
- Bleeding
- Vision problems

Results

Many people express satisfaction with the results of blepharoplasty, such as a more rested and youthful appearance and more self-confidence. For some people, results of surgery may last a lifetime. For others, droopy eyelids may recur.

Bruising and swelling generally subside in 10 to 14 days, which may be when you feel comfortable going out in public again. Scars from the surgical cuts may take months to fade. Take care to protect your delicate eyelid skin from too much sun exposure

Sources : [Www. Medline Plus](http://www.Medline Plus)

Contact us:

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- Use ice packs on your eyes for 10 minutes every hour the night after surgery. The following day, use ice packs on your eyes four to five times throughout the day.
- Gently clean your eyelids and use prescribed eyedrops or ointments.
- Avoid straining, heavy lifting and swimming for a week.
- Avoid strenuous activities, such as aerobics and jogging, for a week.
- Avoid smoking.
- Avoid rubbing your eyes.
- If you use contact lenses, don't put them in for about two weeks after surgery.
- Wear darkly tinted sunglasses to protect the skin of your eyelids from sun and wind.
- Sleep with your head raised higher than your chest for a few days.

Apply cool compresses to reduce swelling.

- After a few days, return to the doctor's office to have stitches removed, if needed.

For about a week, avoid aspirin, ibuprofen (Advil, Motrin IB, others), naproxen sodium (Aleve, others), naproxen (Naprosyn), and other medications or herbal supplements that may increase bleeding. If needed, use acetaminophen (Tylenol, others) to control pain.

blepharoplasty

is a type of surgery that repairs droopy eyelids and may involve removing excess skin, muscle and fat. As you age, your eyelids stretch, and the muscles supporting them weaken. As a result, excess fat may gather above and below your eyelids, causing sagging eyebrows, droopy upper lids and bags under your eyes.

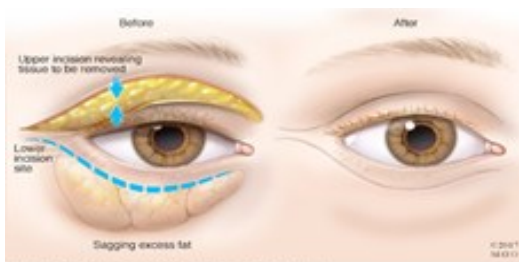
Blepharoplasty may be an option if you have:

- Baggy or droopy upper eyelids
- Excess skin of the upper eyelids that interferes with your peripheral vision
- Excess skin on the lower eyelids

Bags under your eyes

You may undergo blepharoplasty at the same time as another procedure, such as a brow lift, face-lift or skin resurfacing.

Insurance coverage may depend on whether the surgery repairs a condition that impairs vision. If you have the surgery only to improve your appearance, the cost probably won't be covered by insurance. Lower lid blepharoplasty is almost always done just for cosmetic reasons.



Risks

Possible risks of eyelid surgery include:

- Infection and bleeding
- Dry, irritated eyes
- Difficulty closing your eyes or other eyelid problems
- Noticeable scarring
- Injury to eye muscles
- Skin discoloration
- The need for a follow-up surgery
- Temporarily blurred vision or, rarely, loss of eyesight

Risks associated with surgery in general, including reaction to anesthesia and blood clots

Talk to your doctor about how surgical risks apply to you. Understanding what's involved in blepharoplasty and weighing the benefits and risks can help you decide if this procedure is a good option.

Before the procedure

Blepharoplasty is usually done in an outpatient setting. Your surgeon injects numbing medication into your eyelids and administers intravenous medication to help you relax.

During the procedure

If you have surgery on your upper and lower eyelids, the surgeon generally works on your upper lids first. He or she cuts along the fold of the eyelid, removes some excess skin, muscle and possibly fat, and closes the cut.

If your upper eyelid droops close to your pupil, your surgeon may do blepharoplasty with a procedure called ptosis (TOE-sis) that provides additional support to the eyebrow muscle.

After the procedure

After surgery you spend time in a recovery room, where you are monitored for complications. You can leave later that day to recuperate at home.

After surgery you may temporarily experience:

- Blurred vision from the lubricating ointment applied to your eyes
- Watery eyes
- Light sensitivity
- Double vision
- Puffy, numb eyelids
- Swelling and bruising similar to having black eyes

Pain or discomfort

Your doctor will likely suggest you take the following steps after surgery: