



Dr. J. Ben Hengy & Dr. Andrew Mendians

Blepharoplasty (Eye Lift)

A blepharoplasty procedure is frequently performed for patients that are suffering from both cosmetic deformity from excessive skin or enlarged fat pads underneath the skin of the upper and lower eyelids. This procedure may be performed on patients that are having difficulty with peripheral vision particularly with heavy thick or redundant skin tissue of the upper eyelid. The surgery is performed as an outpatient procedure at the hospital generally done under IV sedation and local anesthesia. This procedure may take anywhere from 2-4 hours depending on the complexity. The healing time after the procedure is generally anywhere from 4-6 weeks with significant bruising and swelling of the eyelids noted to be prominent for the first 7-14 days.

POSTOPERATIVE INSTRUCTIONS

It is most important during the first 24 hours the patient carefully ice the eyelids as instructed. This may consist of ice chips placed in a medical glove or using an ice bag. It is recommended not to apply the ice directly to the skin to prevent any burning of the skin. A washcloth or towel may be applied over the skin before the cold pack is applied. Another option may include small ice pads which have been soaked in saline, these should be given to you before discharge from the hospital.

The patient should rest with the head elevated at all times, i.e., in a recliner or with the head on 2-3 pillows. This is to prevent any unusual postoperative swelling and bleeding from the site.

Activity: After surgery, the patient should be on minimal activity with no heavy lifting, bending over, or exercising for the first 10 days after surgery. The patient may shower and wash their hair the day after surgery. You may wear your glasses if necessary, being sure they do not push on the incision lines. **DO NOT** wear contact lenses, pluck eyebrows or wear makeup until discussed at your 1 week post operative visit with your physician.

Wound Care: Following the surgery the patient will need to keep the area clean, dry and free of any crusting. This can be performed by using just a mild soap and water to clean around the incision. Care should be taken to avoid pulling the suture line and/or damage to the incision site. We ask that after you clean the area you apply a light layer of antibiotic ointment to the area twice a day for 7-10 days after the surgery. (If you are allergic to antibiotic ointments please notify the physician so they can prescribe a different ointment.) If steri-strips or butterfly type dressings are applied around the eye they should be left in place until they have fallen off spontaneously and apply the bacitracin ointment over the dressing.

Medications: Medications given after surgery include an antibiotic, pain medication and possibly an eye drop. These should be taken as directed. The pain medication will be taken until the pain and discomfort begins to clear. Once the pain is mild, the patient may switch to Extra Strength Tylenol if they are not allergic. Patient is not to take any blood thinning medications such as aspirin or Motrin for the first week after the surgery.

Additional Instructions: Bruising and puffiness is expected after surgery and may last 7 to 10 days. However, any severe bruising that extends well beyond the surgical site, i.e. up into the forehead or well down below into the cheek area, particularly in the first 24 hours is abnormal. A fever over 99 degrees, active bleeding coming through the incision line, double or blurry vision, is also considered abnormal and the patient should proceed to the emergency room should any of these symptoms occur.

Should you have any questions, please feel free to contact our Manistee office at 231.398.9536 or our Ludington office at 231.843.6557. After hours the physician on call can be contacted by calling 231.843.2591.

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