

## UPPER LID BLEPHAROPLASTY

**Blepharoplasty** of the upper eyelids is a procedure that removes excess skin of the upper eyelid and also excess fatty tissue that lies beneath the upper eyelid skin, in the hollows of the eye sockets. Plastic surgery stitches are involved in closing this excision site and they are removed in approximately one week after the procedure. The excision site is minimally visible when the eye is shut. Depending on the individual, this excision site will become practically invisible and easily hidden in the fold of the eye as it is open. The procedure is done on an out-patient basis taking approximately one hour to perform both upper eyelids. Recovery time is variable, somewhere between 7 to 10 days. Bruising can be held to a minimum with the use of ice packs for a continuous 48 hours period after the procedure.

## LOWER LID BLEPHAROPLASTY - TRANSCONJUNCTIVAL

**Blepharoplasty** is the surgical procedure for removal of excess fat and tissue around the upper and lower eyelids. **Transconjunctival Blepharoplasty** of the lower eyelids consists of removal of just the inner fatty tissue; referred to as "bags" under the eyes. There are no external excisions. One incision is made in the conjunctiva of the lower lid and excess fatty tissue is removed from this area. No stitching is required to close the site. The procedure is done on an out-patient basis and takes approximately one hour to do the two lower lids. Recovery time is variable. Bruising is limited and easily handled by makeup or dark glasses.

If it is determined that there is excessive skin folds in the lower lid area, this can be excised and the conventional method of upper lid **blepharoplasty** can be performed on the lower lids. Instead of making the incision in the inner conjunctiva of the eye, excision of the excess skin is done at the border of the lower eyelashes. Stitches are placed and removed after one week.

To insure optimal results of your blepharoplasty procedure, please read and follow these post-operative directions.

1. Sleep with the head of the bed elevated for one week. Using two to three pillows can accomplish this.
2. Apply ice compresses for a full 48 hours after surgery. Alternating every 20 minutes with fresh ice and pausing for 10 minutes between compresses.
3. If you have external stitches, apply a small amount of antibiotic eye ointment to the suture lines, keeping these areas moist continually.
4. If you have had a transconjunctival blepharoplasty alone on your lower lids, apply the antibiotic eye ointment in the eye four times a day. You will have a "gritty" sensation to the eyes for a day or so. This is a normal feeling after this procedure.
5. Do not wear contact lens until okayed by Dr. Craig.
6. Take only prescription medications or Tylenol for pain.
7. When you shower the day after the procedure, please be careful to keep the force of the water from beating directly on the suture lines. It is perfectly okay to get the sites wet.
8. Report any excessive bleeding (bleeding that persists after holding pressure for 15 minutes) to Dr. Craig.

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