

EYE UNIT

Blepharoplasty



ALT TEXT: Image of an eyeball

What is Blepharoplasty

Blepharoplasty is an operation, which removes excess skin (dermatochalasis) from the upper eyelids.

This operation can be carried out if the excess skin is affecting vision or making the eyelids heavy and difficult to open. This is done under a local anaesthetic as a day case procedure.

What causes it?


Excess skin is often due to ageing and sun damage. The eyelid appearance may however be typical for your family. Sometimes episodes of swelling of the eyelid due to infection or allergy can stretch the skin.

What will happen before my operation? (this is for patients requiring a general anaesthetic only)

You will receive a pre-arranged telephone call from the nursing staff to do an assessment of your medical history, medications and allergies etc and you will be given information relating to your admission. You can ask any questions you have during this telephone appointment.

What happens after the operation?

- Skin sutures normally dissolve in 1 - 3 weeks and do not need to be removed but can be removed at the follow-up appointment if required.
- Sometimes after the operation a “pressure dressing” will be left in place for 24 hours. This can help reduce post-operative swelling and bruising.
- If both eyes have been operated on and a dressing is required, one eye pad will be removed prior to discharge. You will be informed when to remove the second pad.
- You will be given antibiotic ointment, and sometimes



lubricating gels will be prescribed for you after the operation. Please use as prescribed by the Doctor.

- As the anaesthetic starts to wear off, it is quite common for the eyelids to ache. This may require a mild painkiller such as paracetamol.

How to apply your eye ointment

- Always wash your hands before putting in the ointment.
- Gently pull the lower lid down with one finger
- Holding the tube apply the ointment along the inside of the lower eyelid. Do not allow the tube to touch the eye.
- Also apply the ointment to the line of stitches.

What to expect following surgery

- Immediately after surgery, you may experience blurred vision due to the antibiotic ointment, which is applied to your eyes.
- Initially the eyelids are often bruised and swollen. This can take up to 6 weeks to completely resolve, sleep with one to two extra pillows if you can, until the swelling settles.
- It is advisable for the next few days to apply an ice pack (this could be frozen peas or crushed ice in a plastic bag). Up to twice a day for 15 - 20 minutes.
- It is advisable not to exert yourself for the next 24-48 hours.
- It is recommended to wear dark glasses to protect your eyes from dust, wind, and sun irritation.
- The doctor will arrange your follow-up appointment before you leave.

If you have any discharge, pain or recurrent bleeding, contact the eye department on the following numbers:

Ophthalmology Department

1st Floor Central B28 & B29
Royal United Hospital Bath NHS Foundation Trust
Combe Park
Bath
BA1 3NG

If you have any questions, please call:

Monday – Friday 9am -5pm

Eye Clinic (01225) 826989

Or if you have an emergency on evenings, bank holidays or weekends:

Ring the RUH switchboard (01225) 428331 and ask for the on call eye doctor.

Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath BA1 3NG
01225 428331 www.ruh.nhs.uk

Please contact the Patient Support and Complaints Team (PSCT) if you require this leaflet in a different format or would like to feedback your experience of the hospital.

Email ruh-tr.psct@nhs.net or telephone 01225 825656.