



MEDICAL SKIN
and
LASER

Unit 3/37 Elizabeth St
Kalamunda 6076 WA
Ph: 6293 1066

Blepharoplasty

What is blepharoplasty?

Blepharoplasty is eyelid surgery which removes excess skin and sometimes fat to restore the eyelid contours. It can be performed on the upper and lower eyelids, in particular for those with excess skin / heavy eyelids.

Benefits of blepharoplasty

- Rejuvenation and a more youthful appearance.
- Reduced eye puffiness
- Improve the appearance of under eye bags.
- Improves vision by removing excess skin that may be impinging on your sight.
- Correction to heavy eyelids / hooded eyelid
- Improve symmetry

Risks / Side Effects

- Swelling
- Burning and itchy eyes
- Sensitivity to light up to 3 wks
- Bruising
- Keloid scarring
- Temporary double or blurred vision may occur for the first few days, though rare.
- Infection

Blepharoplasty starts at \$2800

Associated costs

Specialised silicone dressing \$48.95 which can be purchased at Medical Skin and Laser. Eye drops and gauze - varies depending on pharmacy.



MEDICAL SKIN
and
LASER

Before the procedure

We suggest you cut back or cease smoking 6 weeks prior to treatment as smoking is known for slowing down the recovery time and increasing your risk of infection.

- Please advise your doctor of any medications you take prior to treatment. It is advised to cease blood thinning medication one week prior to treatment., however, only after speaking with your doctor
- Please avoid alcohol 48 hrs prior to surgery.

Blood thinning medications

- Warfarin (brand names Coumadin, Marevan);
- Heparin;
- Dalteparin (Fragmin);
- Danaparoid (Orgaran);
- Enoxaparin (Clexane);
- Dabigatran (Pradaxa);
- Nadroparin (Fraxiparine);
- Bivalirudin (Angiomax);
- Apixaban (Eliquis);
- Rivaroxaban (Xarelto);
- fondaparinux (Arixtra).
- St John's Wort
- Fish / Krill oil
- Aspirin
- Nurofen
- Advil
- Voltaren
- Evening primrose oil
- Any over the counter medication containing Ibuprofen



MEDICAL SKIN
and
LASER

Procedure

Your appointment will take approx 2 hours. The first hour a topical anaesthetic will be applied to your eyelids, this takes an hour to take full effect. **Please note you do not have to have topical anaesthetic applied, however this will provide you with maximum comfort.**

After the first hour the topical medical grade anaesthetic will be removed. Measurements, markings and photos will then be taken followed by the injection of a local anaesthetic.

Your doctor will then commence the procedure which will take approximately one hour. A couple of incisions will be made in the crease of your eyelid to remove redundant skin and fat.

Upon completion of the procedure the incisions will be stitched and dressed. We recommend taking some analgesics for pain relief and if possible have someone drive you home.

Bruising, redness, swelling and possibly a black eye is expected during the first two weeks. Please be patient, once the swelling and bruising subside you will see the benefits.





MEDICAL SKIN
and
LASER

After care

Your aftercare plays a vital role in the outcome of your treatment. Please follow our guidelines explicitly

- You will be provided with a prescription for eye drops which are required to prevent your eyes from drying out and to aid in the recovery process. Follow your doctor's directions.
- Use a cold compress to reduce swelling
- Take Panadol or Nurofen as directed.
- Apply silicone dressing (Stratamed) to your suture line twice a day to reduce the risk of infection. If your wound oozes please dab carefully with **sterile** gauze / cotton bud tip.
- Wear sunglasses as much as possible especially when exposed to the outside elements regardless of whether it is sunny or not. It is vital to protect your eyes from the sun, rain and wind.
- Do not strain your eyes for long periods of time, especially in the first 3 days. i.e. reading, computer activities and television as these activities are known for drying out your eyes.
- No physical activity for two weeks ie: jogging, running, the gym and team sports.
- No alcohol for 3 weeks
- Do not wear contact lenses for at least two weeks or until your doctor has given you the all clear.
- Be mindful of activities that may increase the pressure of blood behind your eyes such as: heavy lifting, bending and lying flat on your back.
- Avoid smoking as this slows down your recovery and increases the risk of infection.
- Avoid spas, saunas and any other activities with prolonged exposure to heat.

You should be able to return to work 7 - 10 days post treatment. Your doctor will be able to provide you with a medical certificate upon request.

Follow up will be required; one week, two weeks and 6 weeks post op. If you have any concerns please call the clinic on: **6293 1066** or email contact@medicalskinandlaser.com

Disclaimer:

Post care is individual to everyone, so this should be used as a guide only. Should you experience any burning, stinging, excessive redness, pain, excessive dryness, any signs of infection, including new breakouts, please contact our clinic as soon as possible. Our medical team is here to help you at any point along the journey. We are invested in making sure that you obtain the best outcome.