

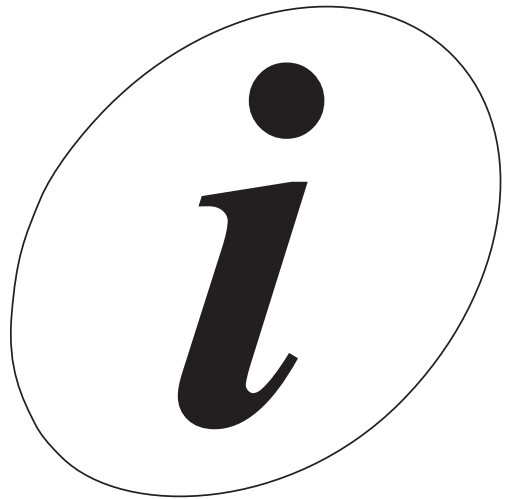
Blepharoplasty

To remove excess eye lid skin



Information for patients

Ophthalmology (Ocular Plastics)



Large Print



In hospital and in the community

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This leaflet provides further information about the problem you have with your eyes, and how surgery can be used to treat it.

You have been given a separate booklet about the treatment centre you will be attending. Please refer to it for information about:

- Your anaesthetic
- How you need to prepare
- Where you need to go
- What happens after the procedure

Please read this booklet carefully before you come in. You may want to read it with a friend or relative.

Why is a blepharoplasty needed?

The skin on the eyelids can become loose with age. In some people, the loose skin can become excessive and 'baggy'. Sometimes the problem is made worse by drooping of your eyebrows affecting the upper lids. A blepharoplasty is the operation to remove this problematic excess skin from the eyelids.

What are the problems associated with this condition?

The main things you may experience are:

- Excess skin overhanging the eyelashes
- Reduced field of vision if this skin partly covers your pupil
- Feeling of heavy or tired eyelids

These symptoms are likely to vary depending on how tired or stressed you are.

What does a blepharoplasty involve?

An incision is made along the natural eyelid crease in the upper lid. The excess skin is removed. If necessary, some excess underlying fat or muscle is also removed. The wound is then closed with stitches. You should be aware that any other lines and skin blemishes around the eyes will remain.

How long does the procedure usually take?

Typically it takes about 45 - 60 minutes.

Will I have stitches?

Yes. You will have a follow up appointment in clinic usually 2-3 weeks after surgery to have these removed, and to assess the results of the surgery.

What are the risks of this operation?

All operations have some level of risk. The risks for this operation are detailed below. The surgeon will discuss these with you when you sign the consent form before your operation.

There are some **common effects** of the surgery, which normally settle gradually:

- Bleeding from the wound - this usually settles within a few hours
- Bruising and swelling of the eyelids, or swelling of the surface of the eye (called chemosis) - this usually settles within a few days
- Blurring of vision - this usually settles within a few hours or days
- Scarring after surgery
 - this gradually fades away over a few weeks
 - the scar is in the natural crease of your upper eye lid

There can **occasionally** be some problems after the surgery, which may require further attention:

- Infection of the wound
 - we provide you with an antibiotic cream to use after surgery which helps prevent this
 - you may require oral antibiotics if an infection develops
- An increase in dryness of the eyes or reduced blinking
 - you may need to use artificial tears to lubricate the eye
 - you may need further surgery to correct this

Extremely rare:

- Bleeding may occur which may lead to loss of vision

Sometimes further surgery may be required for the following reasons:

- Over-correction or under-correction (too much or too little skin removed)
- Re-occurrence of the loose upper eyelid skin - it may become stretched again
- Poor position of the eye lid

Sometimes there may be a slight asymmetry between the eyelids or a 'hollowed' appearance:

- NB: Please note the NHS will not do cosmetic surgery, so further surgery is likely to be declined in such cases

If I choose not to have surgery what could happen?

The position of your eyelid unfortunately will not improve without an operation. Your symptoms may vary over time, but they will not resolve fully.

If the excess skin increases, this may continue to reduce your visual field. This may affect your driving. For some patients, this may also make getting about problematic, and increase the risk of falling.

Are there any alternatives to surgery?

For some patients, an alternative can be to wear specially adapted glasses which support the eyelids. This raises them slightly. However these can be uncomfortable to wear for long periods of time. This is not a permanent solution.

Who should I contact if I have any concerns?

If you have any further questions, you can contact the oculoplastic team on:

- **0114 271 1598**
(Monday to Wednesday)
- **0114 226 8486**
(Monday to Friday)



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