

Follow-Up

Your follow-up appointment time is written on the front of this booklet. If you have not been given one, please call Mr Morgan's office on 9340 5873 to arrange an appointment.

Your initial appointment will occur about one week after your operation. This is to check on the progress of wound healing, to address any concerns you might have, and to remove your sutures.

Although your eyes will still be quite bruised and swollen, you will start to see the changes that have been made to the appearance of your eyes.

Following suture removal you may start applying make-up, although the swelling may not allow you to do so until later in the 2nd week.

Generally, you will be able to return to work or social activities after two weeks.

Further appointments are made at two weeks, one month, three months, and six months to monitor your progress and to ensure your satisfaction with the result.

Scar Management

All wounds, once healed, will go through a process of scar maturation. This is a normal process that can take up to 6 months, or more, to complete.

Initially, your scars will appear as a fine pink line. Over the next 6-8 weeks they will change colour to a deeper pink, or even red, will become firm, and may become slightly elevated. It will feel like there is a firm ridge of tissue under your skin. This is normal.

Following this, the scars will soften, flatten, and fade. A well-healed, mature scar is a thin, pale line.

This maturation process can be helped by firmly massaging the scar with some form of moisturising cream. Those that contain Vitamin E or aloe may provide additional benefit. Massage should only start one week after suture removal to ensure the wound has adequate strength.

For those scars that are in sun-exposed areas, it is imperative that they are protected from the sun until full maturation has occurred. Scars are brand new skin and will burn easily. Too much sun will result in them remaining pink, or occasionally becoming pigmented, and will leave a much more visible scar.

Abnormal scars (hypertrophic or keloid) are uncommon. These are scars that remain pink, firm, and raised, and may extend beyond the dimensions of the original scar. Specific treatment can occasionally improve the outcome. Please contact Mr Morgan if you have any concerns about the appearance of your scar.

Blepharoplasty

(Eyelid Lift)

An Instruction Booklet

For Patients

Your follow-up appointment:

Where: _____

When: _____

Time: _____

Mr David J. Morgan

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Your Procedure

This brochure summarizes all the information that Mr Morgan will have told you at the completion of your blepharoplasty.

It will provide the answers to most of the questions you will have whilst you recover.

Your procedure entailed the following:

Upper Eyelid Blepharoplasty

This procedure involves the removal of excess skin and muscle from the upper eyelid to rejuvenate its appearance. Occasionally, excess fatty tissue that is creating 'bulges' in the upper eyelid is also removed.

You will have a single scar in the upper eyelid crease that extends into the region of the 'crow's feet'. This has been closed with a suture that will be removed in one week.

Lower Eyelid Blepharoplasty

This procedure involves tightening of the skin and muscle of the lower eyelid to provide a smooth contour to this region. Excess skin is removed and the fatty tissue in the lower eyelid has been redistributed to get rid of the appearance of 'bags' or 'furrows'.

You will have a single scar that is located just below the lashes of the lower eyelid and extends into the region of the 'crow's feet'. This has been closed with sutures that will be removed in one week.

What To Expect

Recovery from a blepharoplasty is not usually very painful. Before discharge we will ensure that you are comfortable on pain relieving tablets.

It is normal for swelling and bruising to increase in the first few days after your operation. The skin of the eyelids is very thin and loose, and swelling can be quite dramatic.

To minimise this, we recommend keeping your head elevated as much as possible, and to sleep on several pillows at night. Whilst in hospital, and for the first 24-48 hours, ice packs should be applied to your face to further minimize the amount of swelling.

Any swelling that appears will also tend to disappear quite quickly. However, bruising will still take approximately two weeks to resolve.

Sometimes this swelling can affect your eyes and result in temporary blurring of vision. This will settle quickly as the swelling resolves.

Itchiness and irritation of the eyes can also occur and is best managed by the application of lubricating eye drops.

Wound Care

Once you have been discharged from hospital your wounds can be wet in the shower. Avoid rubbing the area, and use mild soap and shampoo. Pat your skin dry with a towel or use a hair dryer.

The small Steri-strips on your skin do not need to be changed and can be left in place until your first post-operative appointment.

Avoid strenuous activity as this can increase blood pressure and lead to bleeding. You may also increase the risk of an accidental knock to your face.

Common Problems

Discomfort

Few patients will have significant problems with post-operative pain. Discomfort is usually very well controlled with the prescribed pain relievers. Avoid Aspirin or similar medicines as these can cause bleeding problems.

Too much activity will increase blood pressure and may lead to increased discomfort. You should 'take it easy' for the first week.

Bleeding

Ongoing bleeding from your wounds is not common. It will usually occur within the first 24 hours as the effects of the local anaesthetic wear off. It may also be triggered by an increase in blood pressure that can occur during exercise or other exertion.

Most often the bleeding will actually occur into the tissues, resulting in a rapidly swollen eyelid. Applying icepacks will help prevent this problem, and will also help control the bleeding if it occurs. Should you experience this problem whilst at home, please contact Mr Morgan for further advice.

Infection

Infection is also uncommon but may develop 5 to 7 days after your procedure. Symptoms can include increasing pain, redness, and swelling.

Please contact Mr Morgan if you feel that you may be developing a post-operative infection.

If you have any concerns about your post-operative course, please do not hesitate to contact Mr Morgan.