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Blepharoplasty

(Eyelid Surgery)

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What is Blepharoplasty?

Blepharoplasty, or Eyelid surgery, is a surgical procedure to improve the appearance of the eyelids, be it the upper lids, lower lids or both. The surgery can be performed to improve your appearance or correct functional problems with your eyelids. Accordingly, eyelid surgery can rejuvenate the area surrounding your eyes and hence reduce or eliminate these vision problems and make your eyes appear younger and more alert.

Check the illustrative videos here¹: [Lower Eyelid](#) – [Upper Eyelid](#).

Before the Surgery... Preparation and Expectations

A detailed interview is conducted with our medical team covering the following:

- Review of your medical history, previous surgeries and past or current conditions, such as dry eyes, glaucoma, allergies, circulatory problems, thyroid problems and diabetes.
- Review of the results of the physical examination, vision examination as well as the laboratory tests which include testing your tear production, measuring parts of your eyelids, examining your eyes and testing your vision, including your peripheral vision.
- Photographs of your eyes from different angles.
- An overview of the surgical intervention, expected risk, recovery stages as well as the expected results.
- Determining where your surgery will be performed and the date of operation.

Important Instructions

- Avoid taking aspirin, vitamins, anti-inflammatory drugs and herbal supplements, 1 week before the surgery, as they can increase bleeding
- Take only those medications approved or prescribed by our medical team.
- Stop smoking, 3 weeks before the surgery.
- Arrange for someone to drive you home after surgery.
- Arrange for resting at home for at least one week after the operation

¹ <https://bit.ly/2zV67yw> <https://bit.ly/2EtfG5c>

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During the Surgery

- **Anesthesia:** Type of anesthesia will be discussed and determined with our medical team before the surgery. Usually, local anesthesia with sedation is applied to help you relax.
- **Procedure Steps:** Starting with the upper lids, a cut is done along the fold of the eyelid, the excess skin, muscle and possibly fat is removed then the cut is closed. On the lower lid, we make a cut just below the lashes in your eye's natural crease or inside the lower lid. The excess fat, muscle and sagging skin are then removed or redistributes and the cut is closed. If your upper eyelid droops close to your pupil, we may do blepharoplasty with a procedure called ptosis correction that provides additional support to the eyelid muscle.
 - Eyelid incisions typically are closed with sutures. Sutures are removed within one week.
 - We may also suggest use of a laser or chemical peel to reduce discoloration of the lower eyelids.
 - The surgery lasts for 1-2 hours depending on the surgical details and patient's situation.

After the Surgery

- In most of the cases, you can leave the hospital later the same day of the operation, or else as needed.
 - Stitches are removed in one week after the surgery.
 - You may temporarily experience:
 - Blurred vision from the lubricating ointment applied to your eyes
 - Watering eyes and minimal bleeding.
 - Light sensitivity
 - Double vision
 - Puffy, numb eyelids
 - Pain or discomfort



Post-Procedure Precautions

1. Use ice packs on your eyes for 10 minutes every hour the night after surgery. The following day, use ice packs on your eyes 4-5 times throughout the day.
2. Gently clean your eyelids and use prescribed eyedrops or ointments.
3. Avoid vigorous or aerobic activity or sports for a week after the surgery.
4. Avoid smoking.
5. Avoid rubbing your eyes.
6. If you use contact lenses, don't put them in for about 2 weeks after surgery.
7. Wear darkly tinted sunglasses to protect the skin of your eyelids from sun and wind.
8. Sleep with your head raised higher than your chest for one week.
9. Avoid aspirin, ibuprofen (Advil, Motrin IB, others), naproxen sodium (Aleve, others), naproxen (Naprosyn), and other medications or herbal supplements, for one week after the surgery, as this may increase bleeding. Stick only to the medication prescribed by our medical team.
10. Limit your dietary salt intake to help faster swelling recovery.

Recovery and Results

- Results of eyelid surgery will be long-lasting. While there usually is little pain involved in this surgery, there can be swelling or bruising. Most patients are presentable to the public in 10-14 days. However, it may take a few months before final healing is completed.
- Scars from the surgical cuts may take months to fade. Take care to protect your delicate eyelid skin from too much sun exposure.

Follow-up

In the first month after the surgery, follow-up is done by visiting the clinic once or twice a week. In the following month, a visit is made every two weeks. Then monthly follow-up visit (once a month) during the next 6-12 months.

Risk

The decision to have plastic surgery is extremely personal. You will have to decide if the benefits will achieve your goals and if the risks and potential complications of blepharoplasty are acceptable.

Our medical team will explain in detail the risks associated with surgery. As with any surgical procedure, you will be asked to sign consent forms to ensure that you fully understand the procedure and any risks or potential complications. Photographs are taken before and after the surgery and for different periods to follow up the progress achieved.

Generally, the risk associated with eyelid surgery is minimal and rarely occurs. However, possible risks include:

- Infection and bleeding
- Dry, irritated eyes
- Difficulty closing your eyes or other eyelid problems
- Noticeable scarring

Medication

R/Tavanic 500 mg	One tablet daily for 5 days
R/Ketolac SR	One tablet every 12 hours - after meals – till pain is gone
R/Panadol 500mg	Two tablets every 8 hours
R/Tymer drops	Three times daily
R/Tobradex	Once before bedtime
R/Cornere eye gel	Twice daily
R/Systane gel eye drops	Three times daily
R/Alphintern	Two tablets every 8 hours – half an hour before meals – for 2-3 weeks
R/Controloc 40 mg	One tablet 30 minutes before breakfast for 10 days

Cited in :

- American Society of Plastic Surgeons: <https://www.plasticsurgery.org>
- Mayo Clinic: <https://www.mayoclinic.org/>

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