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WHAT YOU SHOULD KNOW ABOUT BLEPHAROPLASTY (eyelid lift)

Patient Instructions and Care



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What is blepharoplasty?

Eyes generally show age before the rest of the face. A blepharoplasty can give a refreshed, more alert appearance to your eyes.

Blepharoplasty (eyelid lift) can be performed on the upper and/or lower eyelids.

An upper eyelid lift will often remove excess tissues. This may include skin, muscle and fat. In some cases a sagging tear gland will require suspension.

For a lower lid lift, an incision may be made inside the eyelid. This is to remove and/or reposition fat. This incision does not need to be sutured. An incision may alternatively be made just below the eyelash on the surface of the lower eyelid if excess skin needs to be removed.

Blepharoplasty can be performed under local anesthesia. Occasionally, sedation may be used for your comfort. This needs to be discussed with your doctor.

Any stitches used are not dissolvable and need to be removed, usually after one week.

A laser resurfacing procedure may be carried out if needed. Laser resurfacing is intended to tighten up the skin under and/or over the eyes. In some cases, fat is added, or filler is added around the eyelids. This will be reviewed before your procedure.

A blepharoplasty does not correct sagging eyebrows. Some patients will require a brow lift, which is a different procedure.

What should I expect?

You should expect swelling and bruising. This typically lasts a week, but can last longer.

A risk of eyelid surgery is that the eyelid(s) will not completely close. This is usually temporary. If this does occur, you will need to use eye drops (artificial tears) for lubrication.

Because of bruising, expect to take a week off of work. Discuss with Dr. Charles Mok D.O. and/or Dr. Brett Kotlus, M.D. the specifics of your procedure and your individual tolerance for downtime.

What do I need to do?

You need to have an examination, sometimes including a visual field test, before surgery. This can be performed at your initial consultation.

Stop all aspirin and related anti-inflammatory products 7 - 10 days before surgery. This includes many arthritis medications such as Aleve, Advil, Ibuprofen, and Motrin. Be sure to review with the staff all over the counter medications you are taking.

Stop all vitamins, including fish oil, herbs, and natural remedies 7 - 14 days before surgery. Many of these increase bleeding and interfere with medications used in surgery. If you are having sedation for your procedure, you should have nothing by mouth for 6 hours prior to surgery.

Arrange for someone to drive you home after surgery.

Day of surgery

The staff will review your paperwork, assure you have a ride home, and answer your questions. Dr. Charles Mok D.O. and/or Dr. Brett Kotlus, M.D. will again review the planned surgery, and you need to ask any last minute questions you have. There is no such thing as a stupid question.

You will have drops placed in your eyes.

When you are done, you may have swelling. We will observe you for a period of time. We will help you to your car, and you should plan on resting for the remainder of the day, see below.

After surgery

Apply ice or frozen vegetable bags over cloths over your eyelids, for about 15 minutes every ½ to 1 hour, for 2 days. You may then switch to warm compresses after 2 days.

While awake you should spend most of your time upright to help swelling. When sleeping or napping, elevate yourself on pillows for at least a week.

You may gently clean your eyelids with a mild soapy water after 2 days, but do it gently and minimally.

No strenuous activity for one week. You may begin moderate exercise after one week. No contact sports for two to three weeks. After that there are no restrictions.

No driving for 24 hours after surgery.

Take your medication as directed. You may use an eyelash enhancer (Latisse) after surgery. Ask about this if you are interested.

Should you experience a steady increase of pain, swelling, fever, or problems with your vision, you must immediately call Dr. Charles Mok D.O. and/or Dr. Brett Kotlus, M.D. at 586-992-8300 (24 hours a day, 7 days a week).

You must return for your post operative checks as scheduled.

Thank you,
Dr. Charles Mok and Dr. Brett Kotlus