



UNC

DEPARTMENT OF OTOLARYNGOLOGY/  
HEAD AND NECK SURGERY  
FACIAL PLASTIC & RECONSTRUCTIVE SURGERY

## **Blepharoplasty (Eyelid Surgery)**

**Blepharoplasty** is surgery designed to sculpt the tissues around the eyes to give them a more youthful, open appearance. In some cases of excess tissue in the upper eyelids the vision may be diminished. This surgery (functional blepharoplasty) may be covered by your insurance company.

**INCISIONS:** The incisions are very well hidden, either in creases around the eyes or behind the eyelids. The upper eyelid blepharoplasty incision is placed in the crease that runs horizontally across the upper lid. The lower blepharoplasty incision is placed behind the eyelid (transconjunctival approach) or running horizontally immediately beneath the lower lashes, usually extending out slightly in a crease in the corner of the eye. In either case, the incisions are designed to be well-camouflaged.

**ANESTHESIA:** Upper blepharoplasty is usually performed in the office under local anesthesia. Lower blepharoplasty may be performed in the office or in the operating room, under local anesthesia, with sedation, or under general anesthesia.

**PRIOR TO SURGERY:** Before surgery, you will be given a prescription for Valium (generally, #3 – one taken 30 minutes prior to your procedure, and you bring the other 2 with you) and ophthalmic ointment. We recommend that patients use small ice packs or saline gauze to apply to the eyes for 48 hours after surgery, to minimize the bruising and swelling.

**RECOVERY:** You will be asked to use “iced saline gauze” on the eyes for 48 hours following surgery (to minimize the mild bruising and swelling that is expected temporarily after surgery). You will be asked to clean your external incision sites twice a day with Saline Solution on a Q-tip, and apply the ophthalmic ointment twice a day to affected eyelids. We ask you to avoid stressful activity, heavy lifting, and bending over (with “head-down” position) as these activities have the potential to increase bruising, swelling, and bleeding postoperatively. It is very important that you avoid getting makeup in your incision sites (as this causes significant problems with healing and scarring). The sutures will generally be removed 5-7 days after surgery.

**MEDICATIONS:** Please discontinue aspirin, ibuprofen, Xarelto, Plavix, Coumadin, Celebrex, Bextra or any anti-inflammatory or blood thinning medications 5 days prior to surgery, under the direction of your Primary Care Physician. Please make the doctor and clinical staff aware of any and all of your medications, including supplements and vitamins, as they may adversely affect bruising, swelling, and healing.