

## **Blepharoplasty (Eyelid Surgery) Information Sheet**

Blepharoplasty surgery removes excess skin and fat pads from the upper and lower eyelids. The muscles that support and animate the eye may also be tightened or re-positioned. This procedure can rejuvenate puffy, sagging, or tired looking eyes.

### **PRE-OPERATIVE**

Prior to booking surgery, you will need to decide who your support person will be. It is important that they are aware of the type of surgery you are having, that they are comfortable helping with incision care/are not “squeamish”, and that they are available solely to you during your immediate recovery period (they should not have any other commitments). At the minimum, you cannot be left alone for the first 24 hours after surgery. We advise against driving until after you are seen in office postoperatively, as you cannot drive while taking pain medication. In addition, you may find your vision is affected until after your sutures are removed and swelling has subsided, so your support person should drive you to your post-operative appointment(s).

After you have paid a deposit and a surgical date has been confirmed, you will receive more specific information and a review of what you are required to complete before surgery. Once you have booked your date, please ensure you have the following supplies on hand:

- Gauze (3 X 3 sterile or non-sterile)
- Q-tips
- Cool compresses/gel ice packs for eyes
- Tylenol Extra Strength and ibuprofen 400 mg

### **DAY OF SURGERY**

This procedure is typically done under monitored sedation, so you will be advised to fast after midnight the night prior. You must be discharged from the clinic with a responsible adult (preferably the person who will be helping care for you after surgery). A prescription for pain medication will be provided if needed. Arrival time for surgery will not be provided to you until about 1-2 weeks prior, so it is important that both you and your support person do not have any other responsibilities that day. You may wish to bring sunglasses with you for discharge.

### **POST-OPERATIVE & LONG-TERM FOLLOW-UP**

You will be asked to rest at home with your head elevated and to use ice packs over the area to minimize swelling and bruising. Sutures will be removed in office at day 5-7 by our nurse, while bruising and swelling may persist for up to three weeks. Contact lenses are not to be worn for two weeks post-op. Your eyes may be sensitive to light and wind and may be slightly irritated for a short while. Eye drops may be prescribed if needed. Strenuous activity or activities that keep your head below your heart should be avoided for 4-6 weeks after surgery.

# Dr. Jennifer Robinson

Plastic Surgeon

314 – 1964 Fort Street  
Victoria, BC V8R 6R3

[www.drjenniferrobinson.com](http://www.drjenniferrobinson.com)

P. 250-590-7097

F. 250-590-7058

Though rare, post-operative complications from any procedure are possible. These may include bleeding, infection, blurred vision, ectropion (pulling down of the lower lid), chemosis (swelling/edema of the conjunctiva), or difficulty closing the eyes when going to sleep. Any concerns will be followed closely and treated as required by Dr. Robinson.

Dr. Robinson will see you approximately 3 months post-op and again around 1 year after your surgery to assess your result and take photographs. If revisions are required, they would be discussed, and a surgical plan set up at this time.

**Call us at (250) 590-7097 if you have:**

- Significant bleeding from the surgical site
- A fever over 100.4° F (38 C) within the first three days following the procedure
- Significant pain and swelling in the area that is not relieved with pain relievers
- Foul-smelling drainage from the site or increasing redness around the surgical site

In the event of an after-hours **EMERGENCY**, please call Dr. Robinson directly at the number provided by our office assistant.