



## EYELID SURGERY

This information is given to you so that you can make an informed decision about having eyelid surgery. Take as much time as you wish to read this information and ask questions of your doctor or the assistants. You have the right to ask questions about and understand the surgery as well as you can before deciding to have the surgery. After learning of your condition and your options for treatment, you and your doctor will decide together if and when you should have this operation based on your needs and medical condition. This surgery is not an emergency. You may decide not to have this operation at all.

### Eyelid Conditions

As an Oculoplastic Surgeon, Dr. Eftekhari may recommend you for surgery to fix one or multiple of these common issues:

*Ptosis* -- When one or both of the upper eyelids droop, which can affect peripheral and/or central vision. Bilateral ptosis can make someone look tired, while unilateral ptosis can look uneven. Sometimes, children can be born with ptosis, which can cause trouble focusing the eyes.

- ***Ptosis repair*** involves tightening the tendon that lifts the eyelid, which can improve vision as well as the eye's appearance

*Excess eyelid skin* -- The skin of the eyelid is thin and stretchy and both the upper and lower eyelid can be affected by this stretching. If the lower eyelid is affected, it is known as "bags" under the eyes. If the upper eyelid is affected, vision may be impeded.

- ***Blepharoplasty*** involves removing excess eyelid skin, fatty tissue or tightening the muscles and tissue, depending on the case. This can improve vision and appearance, making the eyes less tired and more alert.

*Ectropion/Entropion* -- Ectropion and Entropion refer to the lower eyelid drooping down and turning out or turning in respectively. Ectropion can be caused by age, skin diseases, tumors, burns or other trauma to the area. Due to the extra exposed cornea, it can make your eyes dry, watery or sensitive to light and wind. Entropion can be caused by age, infection or scarring inside the eyelid. Due to the positioning of the eyelashes, your cornea can become irritated or even infected.

- ***Ectropion/Entropion repair*** involves returning the eyelid to its normal position to reduce irritation and other symptoms.

## **Procedures**

Most eyelid surgeries are done as an outpatient procedure, using IV sedation with local anesthesia to numb the eye and the area around it. Some procedures can be done in the office under local anesthesia. Before surgery, be sure to tell Dr. Eftekhari about all of the medicines that you currently take. This includes all prescriptions and over-the-counter medications. It is especially important for us to know if you take aspirin (or aspirin-containing drugs) or other blood thinners, or if you have a bleeding problem. We prefer that you stop aspirin and NSAIDs such as Advil/Motrin/Aleve 10 days before surgery, and stronger blood thinners 3-5 days before surgery if permitted by your doctor.

## **Recovery**

After eyelid surgery, bruising and swelling is common and will often settle down after 2 weeks. Patients may use lubricating drops and cold compresses to aid in healing. Most patients return to work within a few days but should avoid exercise and strenuous activities for at least 2 weeks. Eye makeup may not be worn for 2 weeks after surgery. Patients are typically advised to wear dark sunglasses outside or in bright light for 2 weeks to protect their eyes from sun and wind. Scars from eyelid surgeries are well-concealed, and usually fade with time until they are virtually undetectable. Given the dryness in Utah, Dr. Eftekhari recommends a scar gel called Skinuva Scar to use after surgery for 3 months to have the best outcome in terms of scarring.

## **Complications**

Bruising and swelling is normal, and will occur for the first 1-2 weeks after surgery. Some potential but uncommon risks include: bleeding, blurry vision, infection, dry or irritated eyes, asymmetry, an inability to fully close the eyes, as well as the very rare uneven healing or permanent scarring, which may require surgical correction.