



Checklist

Surgical Eyelid Modification (Blepharoplasty)

Dear Patient,

You have decided to have surgical eyelid modification. Upper eyelid firming (hooded eyelids) results in a scar in the natural upper eyelid crease. The scar from lower eyelid reshaping (droopy eyes) runs just below the edge of the eyelashes. The scar usually disappears after a few weeks. The lower lid reshaping is often combined with a lipofilling

The operation is performed under local anaesthesia as an outpatient procedure in the operating room at my practice. The total costs including all follow-up checks will be EUR 2.400,- (upper eyelid) or EUR 3.200,- (lower eyelid) and 4.500,- (upper and lower eyelid) .

Please note the following details.

Should you have any questions, please do not hesitate to contact me at any time.

Univ.Doiz.Dr. Greta Nehrer

BEFORE THE PROCEDURE

- Please purchase cooling packs for your post-operative care at home (store in the refrigerator, not in the freezer).
- You should not take any blood-thinning medications (e.g. aspirin) for a period of 10 days before your appointment.
- Please come to your appointment without make-up or contact lenses.
- Before the operation, we will again review and discuss the procedure in detail. The area to be treated will be photographed for documentation.
- If you are nervous about the procedure, you may be given an oral sedative to reduce your anxiety.
- You may want to consider bringing sunglasses with you if you want to conceal the surgery on your way home.
- We recommend resting and keeping the area cool for at least 3 days after the procedure. You should avoid any exertions.
- Mild secretion from the suture is normal in the first few hours after the operation. The secretion is simply dabbed away.
- The adhesive strips remain until the stitches are removed, even if they become somewhat scabby.
- The stitches and adhesive strips are removed after 4-6 days, after which you may continue your facial care as usual. Contact lenses may again be worn. Eye make-up is allowed 2 days after the stitches are removed.
- Special scar treatment is usually not necessary. Treating the scar with regular eye cream should be sufficient.

DURING THE PROCEDURE

- The operation takes about 30 minutes to perform.
- You will experience only a mild burning sensation associated with the local anaesthetic.
- The suture is covered with an adhesive skin closure (Steri-Strip).

AFTER THE PROCEDURE

- You can open your eyes normally after the operation. Your vision may be slightly blurred for several hours as a result of the protective eye ointment applied before the operation.
- A mild burning pain around the surgical site is normal as the anaesthetic wears off. You will not feel any significant pain.
- Patients typically are able to return to their regular social activities 1 week after the operation. Bruising may appear, however, and could last for longer. Camouflage make-up can usually cover any blemishes quite successfully. You should nevertheless postpone any important social engagements until 2- 3 weeks after the procedure.
- Avoid heat (sauna) and physical activity for a period of 1-2 weeks.
- The results of the operation can be properly assessed after 3 months.