

PATIENT INFORMATION SHEET: LOWER BLEPHAROPLASTY

Performed under local anaesthetic as a day case

WHAT IS LOWER BLEPHAROPLASTY?

Lower blepharoplasty is a surgical procedure to remove or reposition excess fat, skin, and muscle from the lower eyelids. It is designed to improve the appearance of under-eye bags, puffiness, and sagging, resulting in a fresher, more youthful look.

The procedure is performed as a day case under local anaesthetic, and in most cases takes less than 1.5 hours.

SURGICAL TECHNIQUES USED

- Transconjunctival approach: Fat is removed or repositioned through an incision on the inside of the lower eyelid – best for younger patients or those with good skin tone and no excess skin
- Subciliary approach: A fine incision just beneath the lash line allows removal of both fat and skin – typically used when excess skin is present

Your surgeon will advise which approach is best suited to your anatomy and goals.

WHAT ARE THE BENEFITS?

- Reduces the appearance of under-eye bags or puffiness
- Restores a smoother, more youthful contour under the eyes
- Can reduce shadowing or tired appearance
- No general anaesthetic required
- Minimal downtime with appropriate aftercare

LIMITATIONS

- Blepharoplasty does not treat dark circles caused by pigmentation or hollow tear troughs – these may require additional treatments (e.g., laser, filler)
- Some swelling and bruising are normal for 7-10 days, and in some cases may last longer or shorter depending on individual healing
- Subtle asymmetry may remain, particularly if pre-existing
- Final results typically appear at 12 months, as internal swelling and tissue changes settle gradually
- Skin quality, age, and bone structure will influence results

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AFTERCARE AND RECOVERY

What to Expect

- Swelling, bruising, and tightness are normal
- Vision may be temporarily blurred from swelling or ointment
- Most bruising resolves within 7-10 days
- Mild sensitivity, tightness, or numbness can persist for several weeks
- Light activities may be resumed after 5-7 days

Care Instructions

- Use cold compresses or chilled gauze in the first 48 hours (10 minutes on/off)
- Keep your head elevated while sleeping for 7 nights
- Use prescribed eye ointments or drops exactly as instructed
- Avoid eye rubbing, makeup, or creams near the area for at least 10-14 days
- Do not expose the area to direct sun – apply SPF 50 once the wound has healed

Activity Restrictions

- Avoid bending, lifting, or exertion for the first 10 days
- No exercise for 4 weeks
- Avoid excessive screen time or reading in the first few days to reduce eye strain

RISKS AND POTENTIAL COMPLICATIONS

All surgical procedures carry risks. For lower blepharoplasty, these include:

- Swelling and bruising (typically 7-10 days, may vary)
- Dry eyes or irritation
- Asymmetry or dissatisfaction with cosmetic outcome
- Visible scarring (more likely with lash-line incision, but usually minimal)
- Ectropion (eyelid turning outward – rare, but may require revision)
- Infection or delayed healing
- Tightness, pulling, or altered sensation in the lower lid
- In very rare cases: bleeding behind the eye (orbital haematoma) which can affect vision

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HEALING TIMELINE

- Day 1-3: Swelling and bruising at their peak, cold compresses advised
- Day 4-7: Bruising begins to fade, discomfort improves
- Week 2-3: Sutures (if present) dissolve or are removed; area begins to settle
- Months 1-3: Continued improvement, tightness softens
- Month 12: Final result visible, tissues fully settled

CONTACT US IMMEDIATELY IF YOU NOTICE:

- Severe or increasing eye pain
- Sudden swelling, redness, or warmth
- Discharge from the incision
- Vision changes or double vision
- Fever or feeling unwell

NEED ADVICE OR SUPPORT?

Phone: 0151 203 0020

Clinic: Cosmetic Surgery of the Royal Liver Building, Liverpool