

**AESTHETIC  
EYELID  
SURGERY  
(BLEPHAROPLASTY)**

**A CLOSER LOOK:**

# **AESTHETIC EYELID SURGERY (BLEPHAROPLASTY)**



Tomorrow's Eye Care, Today®



**Singapore National  
Eye Centre**  
SingHealth

# Aesthetic Eyelid Surgery (Blepharoplasty)

The eyes are often the first features that draw attention and therefore form an important aspect of facial attractiveness and beauty. Over time, ageing can cause the upper and lower eyelids to appear droopy or become baggy.

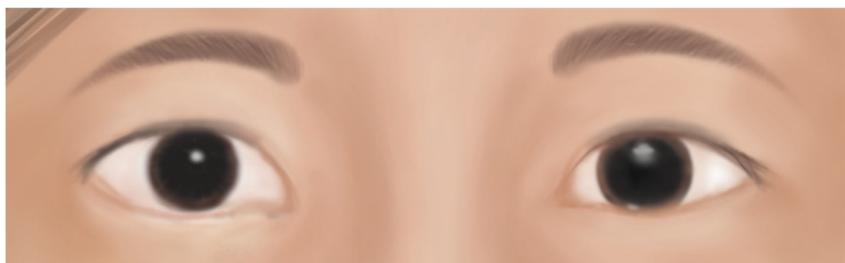


Illustration: Overhanging skin from the eyelid margin

Sagging skin, the weakening of facial muscles and build-up of fat pockets around the eyes can give rise to unsightly eye bags or rings. At the same time, age and gravity can cause the eyebrow area to sag or droop. Apart from aesthetics, such conditions may also impair vision and cause eye strain or fatigue.



Illustration: Eye bags

## What is blepharoplasty?

Blepharoplasty is a form of aesthetic eyelid surgery that corrects the baggy or sagging tissues around the eyes through the removal of excess skin, fat and muscle from the eyelids.

It is considered to be a reconstructive surgery that is done to improve your vision, your appearance, or both.

After the surgery, it will usually produce an effect that is pleasing to look at and can give you a more youthful, rested look. Sometimes when a person has eyelid surgery, it can be performed on one or both eyelids.

## How is blepharoplasty performed?

Blepharoplasty is performed under local anaesthesia. Incisions are made along the natural folds of the eyelid skin so that they are virtually unnoticeable when they heal. These incisions are closed with fine stitches. If the eyebrows are also droopy, a procedure called brow lift can also be performed.

There is only a mild discomfort after surgery. You may expect some swelling, bruising and tightness of the eyelids but these will resolve once the wounds heal. Infrequently, slight asymmetry in the eyelid appearance or position might occur, and may require additional surgery to correct it.

Cosmetic eyelid surgery should always be performed by qualified surgeons who are appropriately trained as incorrect surgery may lead to complications.

## **Are there any risks and complications?**

As with any surgery, there are certain risks associated with this procedure. The following complications may occur:

- Bleeding
- Infection
- Blood clots
- Visible scars
- Tightness in lids
- Drooping lower lids
- Dryness

# Aesthetic Eyelid Surgery (Blepharoplasty)

Usually, these complications will go away within weeks. However, occasionally these complications may be permanent and further surgical procedures may be necessary to correct them.

## What about the recovery process?

The recovery process is fairly quick both immediately following surgery and in the weeks that follow.

- You will stay in the recovery room for one or two hours after surgery and will be discharged once you are no longer drowsy from the anaesthesia and the risk of abnormal bleeding, nausea, or swelling has passed.
- Cold compresses will help reduce swelling and bruising.
- Pain medication will be prescribed for you, if needed.
- Avoid contact sports for three to four weeks.
- Avoid activities that can increase your pulse or blood pressure for two or three days to lower your risk of bleeding and swelling.

# LOCATION MAP



## Legend

 MRT Station

 Taxi Stand

 East West Line

 North East Line

 Shuttle Bus Service  
Mon to Fri ( 8.00am - 7.00pm )  
Sat ( 8.00am - 2.00pm )

 Opp Outram Park Stn  
Bus No. 33, 63, 75, 121,  
122, 174, 174e, 851, 970

 Outram Park Stn Exit F  
Bus No. 61, 124, 143, 147,  
147e, 166, 197, 961, 961C

 Outram Park Stn/Outram Rd  
Bus No. 33, 63, 75, 121, 122, 174,  
174e, 534, 535, 549, 761, 851, 970

This patient information leaflet is a general guide to help patients understand specific eye conditions, treatment or tests. The information does not replace the need for individual advice from an ophthalmologist. Please consult with your ophthalmologist about your specific eye condition and/or concerns.

The contents of this leaflet are not to be produced in any form without the prior permission of the Singapore National Eye Centre.

Information correct at date of print (March 2020)

Singapore National Eye Centre Company Registration No. 198900840W

## Singapore National Eye Centre

11 Third Hospital Avenue, Singapore 168751

Appointments: (65) 6227 7266 Fax: (65) 6226 1884

Email: [appointments@sneec.com.sg](mailto:appointments@sneec.com.sg)

Website: [www.sneec.com.sg](http://www.sneec.com.sg)