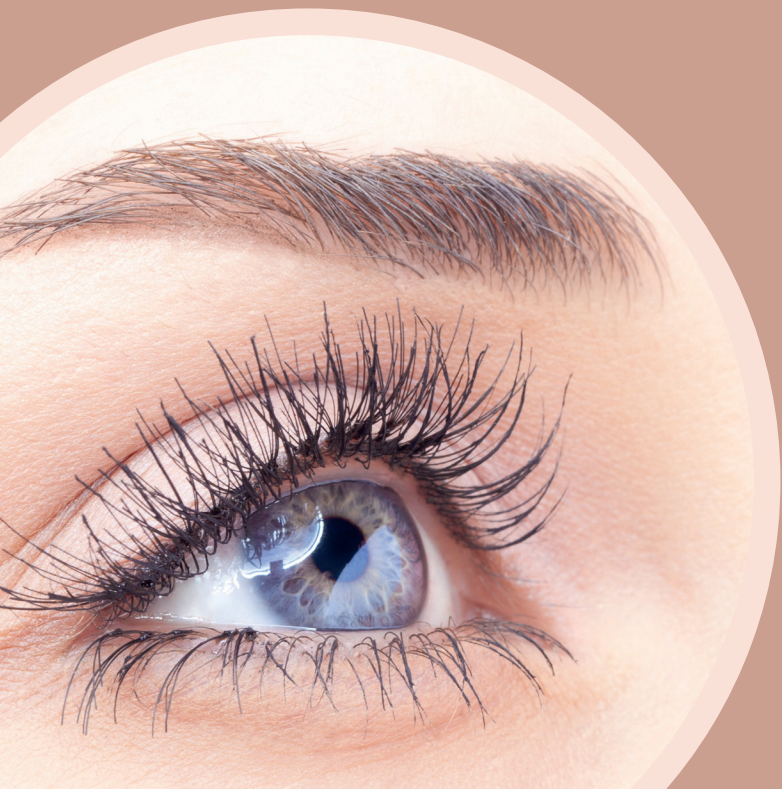


# Pre & Aftercare Information

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## Upper Eyelid Surgery



This information has been provided to enhance your journey through your treatment pathway. We recommend that read this advice and if you are unsure about anything then please do not hesitate to contact us.

General enquiries: 01892 257357 (Mon - Fri, 9am - 5pm).  
For out of hours emergencies and at weekends, please call 07753 211771.



## Procedure Information

### Preparation before surgery:

- Smoking (cigarettes or e-cigarette with nicotine) - you should avoid or significantly reduce the amount you smoke. Nicotine causes the blood vessels to close up and this effect lasts for 45 - 60 minutes following inhalation. It is one of the most important requirements to lower the risk of postoperative infection and other healing complications. Ideally we suggest you avoid smoking for a minimum of one month before and after surgery.
- Please shower before you attend surgery, which includes washing your hair. This is important to lower risk of infections. Any shampoo and conditioner can be used.
- Do NOT take Arnica or herbal tablets 10 days before and 3 days after your surgery. This will significantly reduce your risk of bruising. If you are on blood thinning medication, notify us immediately.
- We will provide cold compresses, sterile gauze, Witch Hazel, chloramphenicol eye ointment and painkillers for you to take home on the day of surgery. Please purchase some cosmetic cotton pads to soak the witch-hazel.
- Eyelid surgery isn't a painful procedure however your eyelid will be bruised and swollen for approx 7-10 days after surgery.
- Do NOT have Botox® before the surgery. Botox® needs to be fully gone.

## Procedure Information

The day of surgery:

Please DO observe the following on the day of your surgery:

- Enjoy a light meal before attending, unless you are scheduled for twilight sedation or a general anaesthetic. If you are scheduled for general anaesthetic, please read the information in your confirmation of surgery letter sent by email.
- Shower the evening before or morning of surgery, washing your hair and face well.
- Feel free to wear makeup. We will provide makeup wipes if required.
- Bring sunglasses for your comfort and discretion after surgery as you will be bruised.
- Arrange your transport home. You must not drive after the surgery but have someone to take you home instead.

If you are scheduled for twilight sedation or general anaesthetic, please observe the following:

- Do not eat anything up to 6 hours before your surgery. This includes boiled sweets and chewing gum.
- Do not drink anything but water up to 4 hours before your surgery. Please stop drinking altogether up to 2 hours before your surgery.

## Procedure Information

Immediately after surgery:

After surgery, you will relax in our recovery room. We will provide you with a hot/cold drink and biscuits after surgery. One of our nurses will go through the aftercare and give you instructions on what to expect in the next few days (please always refer to this document).

If you have a non-absorbable stitch that is secured with skin coloured tape this will remain for 1 week after which time you will be reviewed in the clinic and the tape and stitch will be removed.

We will make your follow up appointments. This will consist of:

- Approx 1 week follow up with our nurse and wound care specialist.
- Approx 6 week follow up in clinic or by phone, if you live at a considerable distance.

If you have any concerns, our door is always open and additional follow up appointments can be scheduled by contacting your patient coordinator or Bella Vou directly.

## Procedure Information

### Aftercare in the following days post-surgery

- Ensure you get adequate rest in the first 48 hours post procedure and ensure you are adequately hydrated and maintain a healthy diet.
- Do NOT be alarmed if the swelling and bruising gets worse before getting better
- Avoid heavy lifting and bending over for the first 7 days following surgery.
- Do sleep for the first 5-7 nights with your head raised on a pillow keeping your head above your shoulders while you sleep to reduce swelling.
- Do use cold packs and cold Witch Hazel soaked on a cotton pad as a method of reducing any swelling. (Keep both the witch-hazel and the cold packs in the fridge)
- Take painkillers as advised by the nurse.
- Do shower the day after surgery although avoid the direct pressure of the water on your face/eyes. You can wash your hair as normal and then use the hair dryer on a cool setting to dry the area around your eyes.
- Do use the eye ointment which will be provided. The ointment needs to be applied just before you go to bed and is a mild antibiotic as well as providing your eyes with lubrication at night. The ointment can cause some blurriness which is only temporary and resolves by the morning.
- Do not apply any make up, cosmetics or creams to your eyes for at least 2 weeks after your procedure. We will advise you at your consultation when you can begin moisturising and massaging the areas again.

## Procedure Information

### Photographic examples



Patient 1 - 1 week after surgery



Patient 1 - 3 months after surgery



Patient 2 - Before surgery



Patient 2 - Immediately after surgery



Patient 2 - 1 week after surgery



Demonstrating lower eyelid massage...



... and upper eyelid massage



## Procedure Information

### What to expect and FAQs

Will I have visible scars?

The incisions for upper eyelid surgery are essentially invisible after healing. An incision is hidden within the natural fold of the upper eyelid and it is through this incision that excess skin and/or fat are removed. Because the incision follows the natural contour of the upper eyelid, it will be well camouflaged when it is healed.

When can I use my contact lenses after eyelid surgery?

We suggest avoiding contact lenses for at least 1 - 2 weeks. It's normal to have a decrease in tear production after surgery so it's a good idea to lubricating drops with your contact lenses when you use them.

How long will it take to recover?

Swelling and bruising will get worse for the first 2 days, then stay the same for 2 days and start subsiding by a week.

When will I be able to return to work?

People undergoing only upper eyelid surgery generally feel comfortable returning to work after 1 to 1 ½ weeks. People undergoing lower lid surgery only or both upper and lower lid surgery often take 2 weeks to return to work.

Will the stitches need to be removed?

Non-absorbable stitches are removed between 5 - 7 days following surgery, absorbable stitches will fall away after approximately 4 weeks.

## Some Final Bits...

What should I do if I have questions or concerns about my procedure post operative?

Should you have any concerns during the first days or weeks of your recovery, such as whether everything is settling properly, if you suspect an infection or your wound has opened up a little; please be assured that we are always on hand to support you, so please contact us directly. During clinic opening hours, please call the clinic on 01892 257 357. For out of hour emergencies, please call 07753 211 771. While it's tempting to look for health advice online to find an answer to a question or concern, your procedure, your surgeon and your body are completely unique so please speak to your patient coordinator who will arrange for a clinician to set your mind at ease. Typically there is nothing to worry about in most instances, our team of specialists nurses and surgeons are always on hand to assist and assure you.

### Revision Policy

#### General Revisions

While our surgeons always strive to achieve the best possible results for each patient, complications can occur (while very rare) with any form of surgery. Our revision policy covers the patient for any complications incidental to our clinical care as well as any corrective revision surgery that may be required if the outcome we expected you to achieve wasn't at first realised. So whether you require further treatment as a result of an infection or wound problem or require an adjustment to achieve the expected result, Bella Vou include all of this care as part of our commitment to you.

#### Cosmetic Dissatisfaction

Sometimes an unrealistic expectation might be formed as to the extent of what the procedure would achieve. This tends to be very rare as our world-class surgeons work hard to understand that the desired outcome you seek prior to surgery is realistic with what is medically possible for skin quality, BMI and other underlying factors. During the consultation(s) prior to surgery, the surgeon and the patient will establish what would likely be achievable based on that patient's unique physiology and their individual needs and desires. This would be termed a 'desirable outcome', if that result has not been met, then we would correct that for the patient without further a fee.

Herewith a few examples to help you understand where we would offer revision surgery.

- A breast augmentation patient who underwent breast surgery now has irregularly shaped breasts or who's breasts are not symmetrical in appearance.
- A patient who underwent a tummy tuck and liposuction to the flanks, whereas one flank is nicely contoured, the other has a bulge.
- A facelift patient who develops a pixie-ear deformity in the months following surgery.

With all such examples, Bella Vou would revise these without costs.

Herewith a few examples to help you understand that would not be covered under our revision policy.

- A facelift patient declines a recommendation by the surgeon to have liposuction to the neck as part of a face and neck lift procedure to remove some excess volume and to give the best result. Post surgery, the patient complains that their neck is not as tight as they would have expected. Whilst we can address this concern for the patient, the patient did not take the recommendation of the surgeon previously and now wants the neck tightening further as the neck is still full in appearance or has lax skin. A charge would be incurred for this additional treatment.
- A breast patient is advised by her surgeon to have an uplift in addition to having breast implants to improve the shape and appearance of her breasts. The patient only wants further volume by having implants as her budget is tight. Whilst the patient is happy with the size of her breasts post surgery, she is not happy with the overall appearance as the nipple position is low with less volume in the upper part of her breasts. A charge would be incurred to separately uplift the patient's breasts.
- A tummy tuck patient undergoes a tummy tuck procedure and whilst initially delighted with the result, she then goes on to have further unexpected children or has significant weight gain. The patient is unhappy that her tummy has developed loose skin and is not as flat as it previously was. We can further improve this patient's appearance but this would incur a fee.

#### In Summary

It is important to bear in mind that our surgeons agree on a 'desirable outcome' with the patient prior to the patient agreeing to any treatment. If the patient is in any way unhappy with the 'desirable outcome' put forward by the surgeon, they are under no obligation to proceed with the surgery.

Please do not hesitate to contact us if you have any questions, queries or concerns.

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