

# Eyelid Lift

## Fact Sheet

### What is an eyelid lift?

An upper eyelid lift is designed to remove the excess skin and fat from the upper eyelid. Many patients who are considering an eyelid lift report looking tired (even when they are well rested) and older than they feel. Eyelid lifting is designed to improve these problems and help you look as energetic as you feel.

### Does an eyelid lift require anesthesia?

Most eyelid lifts are performed under local anesthesia in the office. Sometimes patients take sedative pills if desired.

### Will there be bandages over my eyes?

No. There will be steri-tapes on the sides of your eyes, but no bandages. Your vision will be blurry due to ointment, but you will be able to see just fine.

### Is it very painful?

Most patients take acetaminophen (Tylenol) after surgery, although stronger pain pills are prescribed. This procedure is very well tolerated by most people.



### What will I look like after my surgery?

Most patients look swollen and a bit bruised for the first few days after surgery. By the fourth or fifth day after surgery most of the swelling has settled down. Bruising — if there is any — fades and is typically gone by the first week to ten days. Sitting or resting with the head elevated and cold packs on the eyes helps keep the bruising and swelling to a minimum and speeds up healing time overall.

### When can I return to work?

After the stitches come out (usually five days after surgery) most people can return to work if desired, as long as they don't have a physically demanding job. Sunglasses are advised to avoid squinting; not because it will damage the surgical result but because it tends to hurt. For people who want to be healed enough that nobody knows they had surgery we advise two weeks away from work.

### Can I wear my contact lenses?

You should wear glasses for the first two weeks after surgery. Some people avoid contact lenses for a full month afterwards because pulling on the upper eyelid is tender after a lift!

### How much of an improvement should I expect to see?

Upper eyelid lift surgery is the simplest procedure to rejuvenate the face and generally gives a very big improvement. Other than a facelift, it is the single most effective surgery to make most people look brighter, more energetic, and more youthful.



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