

# Eyelid Blepharoplasty Surgery Preparation and Recovery

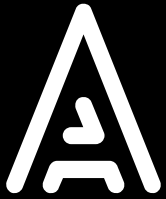
Dr Naveen Somia  
Specialist Plastic Surgeon

F O R M E  
i n s t i t u t e

 Australasian Society of  
Aesthetic Plastic  
Surgeons™  
Excellence in cosmetic surgery™



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# TIPS FOR A BETTER OUTCOME: BEFORE SURGERY

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- Read the materials provided and discuss with Dr Somia your surgery objectives, desired outcomes and facial anatomy including procedure details, surgery schedules, recovery and healing times and risks associated with surgery.
- Consider the PROS and CONS of the surgery and what you want accomplished. Not to have surgery is also an option.
- Ask any and all questions you have about eyelid surgery including risks and your goals
- Seek a 2nd opinion from a registered Specialist Plastic Surgeon
- Follow Dr Naveen's recommendations for pre-surgery preparation
- Stay healthy to enhance healing and help prevent healing delays
- Stop smoking/vaping as soon as possible and reduce alcohol intake
- Look after your skin for a better outcome and stay hydrated (see our pre and post surgery skin health program via [skinjourney.com.au](http://skinjourney.com.au))
- Avoid wearing contacts for the designated time (ask Dr Naveen for specific information on stopping wearing contacts before your eyelid surgery)
- Before surgery, read and re-read your post-op instructions
- Have the post-operative eyelid care instructions laminated and place by your bedside, using very large font sizes, for when you get home after surgery
- Make sure you have someone to drive you home and to assist you for several days post-surgery



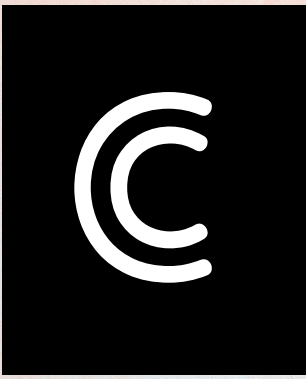
# HOSPITAL RECOVERY

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## OVERNIGHT STAY IS RECOMMENDED

Immediately after the operation you will spend some time in the recovery ward where you will be closely monitored by qualified recovery nurses, till you are fully awake. There will be no bandages on the eye, and you will be able to open and close your eyes. The nurses will ensure that regular lubricating eye drops, eye ointment to the suture line and ice packs over your eyes are applied. Once you have recovered sufficiently, you will be moved to the ward.

It is recommended to stay overnight for your safety. During the first 12 hours after eyelid surgery, there is a risk of bleeding, pain, nausea and vomiting due to the anaesthetic and general drowsiness due to a slow recovery from the anaesthetic. In addition, the blurred vision following surgery can make the patient anxious. Increased anxiety, pain and vomiting risk bleeding and bruising that can compromise healing. Staying overnight in hospital where you will be monitored, kept comfortable and pain free and your eyelids looked after is desirable.



# TIPS FOR A BETTER RECOVERY: AT HOME

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- Stay out of the sun and wear sunglasses
- Choose good nutrition and drink plenty of water
- Do not smoke/vape in the recovery period and reduce alcohol intake
- Rest your eyes and do not drive until you are cleared by your Surgeon
- Care for your eyes and sutures as instructed by Dr Somia
- You may be asked to sleep in an elevated position
- You may be able to use gently applied cool packs to minimise swelling, but check with Dr Somia for exact instructions
- Your eyes may appear swollen or have 'tight-feeling'; some bruising or discoloration around the eyes (this can be intense but will pass)
- Some sutures are dissolvable; if any non-dissolvable sutures are used, these will be removed one week later (usually doesn't hurt)
- Report any concerns or questions
- Attend follow up appointments and have your sutures removed.
- Follow Dr Somia's scar management instructions

**For more information or to schedule an appointment, please contact my office on 02 9387 2110 or [reception@naveensomia.com.au](mailto:reception@naveensomia.com.au)**

DISCLAIMERS: All surgical procedures are performed by Specialist Plastic Surgeon, Dr Naveen Somia (MBBS PhD, FRACS - APHRA Reg: MED 0001189889). Full information on Dr Somia's qualifications and surgery risks/recovery is available at [naveensomia.com.au](http://naveensomia.com.au) or [linktr.ee/naveensomia](https://linktr.ee/naveensomia). From July 1, 2023 all surgical procedures require a GP referral. All surgery carries risks. information provided is general only. Outcomes experienced by one person do not necessarily reflect the outcomes of others given factors such as genetics, diet ,exercise. Please seek a 2nd opinion from a qualified Specialist Plastic Surgeon.