

Having surgery to remove excess skin on your upper eyelid

Department of Ophthalmology

Information for Patients

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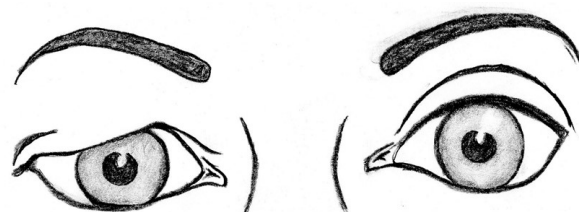
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What is dermatochalasis?

Dermatochalasis is when there is excess skin on the eyelid. This is also called 'hooding'. This is not usually a cause for concern. It can affect your vision if the extra fold of skin covers part of your eye. It often affects the upper eyelid more than the lower one.

What causes it?

It is caused by the skin losing its elasticity. It is often because of ageing. It can be caused by some medical conditions like thyroid eye disease or regular swelling. It can happen because of the slipping of the fat around the eye (prolapse of orbital fat). This can cause the eyelid to bulge (eye bags).



What are the treatment options?

Blepharoplasty is a surgery which takes away the extra skin from the upper lids. The NHS only does this surgery if the excess skin is affecting your vision or making your eyelids heavy and difficult to open.

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or call 111 for non-emergency medical advice

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To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

What happens in the surgery?

We often do this surgery as a day case surgery with a local anaesthetic. You should plan to spend 4 to 6 hours in the hospital on the day of surgery.

The surgeon will measure and use a pen to highlight the skin to be removed. The pen mark will wash off later. You will lie on a couch in the operating room. We will inject an anaesthetic under the skin of the eyelid. This will feel like a sharp sting for about 10 seconds. After this your eyelid will feel numb and you will not feel any pain during surgery.

We will use an antiseptic iodine solution to clean your face. We will use a sterile drape around your face and body. We cut the excess skin away with a surgical blade. We close the wounds with stitches (sutures) that dissolve. Sometimes we may prefer to use an electrosurgical pencil (monopolar) instead of a surgical blade. This causes less bleeding during surgery. It can be louder and there may be a burning smell. You will get the same result.

What happens afterwards?

We will clean your face and remove the sterile drapes. We will apply an ointment to eyelid over the stitches. We will give you drops/ ointment to use for a few weeks after the surgery.

Do not drive on the day of the surgery.

The stitches will dissolve and fall out over the next few weeks.

Do not worry if there is some blood on the eyelids or around the wound. We will advise you to gently clean the eyelids with boiled cooled water.

Your eyes will feel sore as the anaesthetic wears off. The discomfort will normally settle in 1 or 2 days. The eyelids will look bruised and swollen for up to 3 months after the surgery.

The scar is often hidden within the natural crease of the eyelid.

You will have a follow-up appointment with the surgical team. This is normally 2 to 3 weeks after your surgery.



What are the side effects or risks of blepharoplasty?

There is no absolute guarantee of success with any surgery and blepharoplasty is no different. You may get complications like:

- Your eyelids might look bruised and swollen (common). This is normal and can last up to 3 months.
- You might have a small scar, but it's usually hidden in the fold of your eyelid.
- Dry, gritty eyes for a few weeks.
- Sometimes, the eyelid can get infected. It may look red, swollen, and feel sore. If this happens, tell the hospital straight away.
- The shape of the eyelid may look different to the other eye.
- Very rarely, too much skin is removed and this may cause problems with closing of lids and blinking.
- As with all eye surgery, excessive bleeding is a rare risk, which can lead to loss of vision.

Contact details

- Oculoplastic Specialist Nurse: **0116 204 7971** (Monday to Friday, 8am to 5pm)
- Eye Casualty Department: **0116 258 6273** (for advice Monday to Friday, 8.30am to 4.30pm, Saturday, Sunday and bank holidays, 8.30am to 12.30pm)

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على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

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