



## Male Blepharoplasty (Eyelid Surgery) FAQ's

### **Q: What will I look like after eyelid surgery?**

A: Directly after eyelid surgery you will have some swelling and bruising around your eyes, they may even swell shut at day 2 and 3. Ice packs applied regularly in the first few days will help to minimise swelling and bruising and have you back to normal quickly.

We also recommend using Arnica (a natural remedy that has been shown to significantly reduce swelling and bruising and promote healing) and we give you this prior to eyelid surgery. Bruising takes up to 10 days to fade, but the swelling will take upwards of 6 weeks to settle. In this time you will be uncomfortable with the way you look – as people look at your eyes when they talk to you. Dark glasses are de rigueur after eyelid surgery.

### **Q: Do I need an anaesthetic for eyelid surgery?**

A: Eyelid surgery can be performed under local anaesthetic in our rooms, but this is not pleasant (it's like going to the dentist – but your eyes!). Most people choose to have eyelid surgery done in a day hospital under twilight sedation, which means you have a light sleep and wake up when the procedure is over.

### **Q: Can I claim on eyelid surgery?**

A: Medicare does refund on eyelid surgery, but we have to prove photographically that your top eyelids sit on your lashes. If they aren't that bad, then there is no Medicare rebate. Dr McGovern will confirm this at your consultation. If it is a medical problem and you are in a private health fund you will be able to make a claim on the surgeon's fee, the anaesthetist and your hospital. This is only for your upper eyelid; the lower eyelid is always classified as a cosmetic procedure, so you will be out of pocket.

### **Q: When can I go back to the gym following eyelid surgery?**

A: We want you to avoid anything that will increase your blood pressure for at least the first 2 weeks. That includes no bending or heavy lifting. Avoid heavy workouts for at least the first month following eyelid surgery.

### **Q: Will eye lid surgery stop me from looking tired?**

A: Eye surgery or blepharoplasty is addressing loose skin on your upper lid which can take away that tired look; however it may also be due to a low brow position. Your surgeon will discuss with you the best options.

### **Q: How much time do I need off work when I have eye lid surgery?**

A: Following eye lid surgery, usually a week off work is sufficient however, you may still have some visible bruising.

### **Q: Will my scar be visible after eyelid surgery?**

A: Initially you will be conscious of your scar because it will be slightly red and raised and your eyelid will be puffy and swollen. The swelling will dissipate within a few weeks and after 12-18 months your scar will be imperceptible, even at close range.

We offer a free consultation service with our registered nurses to answer all of your questions at no cost to you. To take advantage of this offer, contact us today.