

## Blepharoplasty – Eyelid correction

### Before the Intervention:

- You are advised to stop smoking 1 month before the intervention.
- Taking Aspirin or anti-inflammatory medication is forbidden for ten days before the intervention.
- You are advised to take 3 x 2 “Traumeel” tablets for three days before the intervention, in order to reduce the appearance of bruising. The Traumeel must be taken on an empty stomach. You can replace Traumeel by taking Arnica 9CH, 8 days before the surgery (5 granules 2 times a day, 1/2h before your meal in the morning and in the evening) and on the day of the surgery Arnica 9CH and Apis 15CH (5 granules in the morning on an empty stomach).
- On the day of the operation, you are advised not to wear any make-up, contact lenses, any jewellery/piercings, eyelash extensions or nail varnish, nor to use day cream.
- **Botox injections may not be done within 6 months before the surgery date.**

### After the Intervention:

- Driving is forbidden for 24 hours after the operation.
- You are advised to take 2 “Traumeel” tablets every hour for five days after the intervention, in order to reduce the appearance of bruising. Or you can replace the Traumeel with 1 dose globulli Apis 15CH and Arnica 9CH.
- Depending on the procedure, you will be given an adjusted painkillers and antibiotics schedule!
- In case Medrol 4mg is prescribed please take these as following: day 1-2 post op: 8 tablets, day 3-4 post op: 4 tablets, day 5-6 post op: 2 tablets, day 7-8 post op: 1 tablet a day. They can all be taken at the same time.
- The stitches are protected by steristrips (dressings), which will be applied to the eyes right after the intervention. They must not get wet and they will be removed at the same time as the stitches, that is 6 days after the intervention. Once the stitches have been removed, the scars can be massaged with “Zeitschild scar care” or Avene ‘Cicalfate’ cream (twice a day).
- Some swelling and bruises will remain visible for a week, and will then fade.
- A certain discomfort may be felt and the eyes may water for two to three days. You may use artificial tears for hydration. Blephaclean disinfectant eye wipes may be used to clean the eyes.
- In order to reduce the oedema and the bruises, it is recommended that you sleep for 5 days with your head slightly raised on two pillows.
- In order to reduce the oedema and the bruises after the surgery, cold compresses should be applied to the eyelids several times a day for 20 minutes. Avoid any direct contact between the skin and the ice.
- Only in case of lower eyelid correction: it is possible that the doctor will apply a stitch in between the upper and lower eyelid to give extra support to the lower eyelid after surgery. This will temporarily (till the stitch is out) reduce your view a little bit.
- Wearing make-up before all the stitches have been removed is forbidden. After the stitches have been removed, the bruises and the scars can be camouflaged with make-up.

**After the operation, you will receive a personalised letter from us with important information that applies specifically to you. These may differ from the guidelines in this letter.**

We’d like to see you back for all after care in our Beclinic. A check-up is indicated after 72hours, 14 days and 8-10 weeks after surgery. You may book your check-up appointment(s)



at our secretariat. For all In case of further questions, please email [webinfo@beclinic.com](mailto:webinfo@beclinic.com) or call our secretaries at +323099000 or on our free whatsapp number +32 (0) 477 322 000