

LEAFLET DROPPING EYELIDS AND PUFFY BAGS

What causes dropping eyelids and puffy bags?

There is excessive skin on the upper eyelids. The skin of the upper eyelids is very thin and loses its elasticity over time. Additionally to this, eyebrows sink. All this causes dropping eyelids. Puffy bags are caused by excess and prolapsed fat. Depending on the fluid retention in the head (for example after long sleep, stress or alcohol), they can have different sizes and be more or less annoying. These changes can occur in young people due to genetic predisposition (frequent occurrence in families) or are the result of the natural aging process. These changes often make a person look tired or sad.

Operation

This is an outpatient procedure in sedation and local anesthesia. It will take place in our practice-owned operating theatre. Excessive skin and if necessary also excessive fat tissue will be surgically removed; the skin will be sutured and protected with small band-aids (Steri-Strip). About one hour later, you can go home without any bandages.

Follow-up treatment

You will feel practically no (or only weak) pain. After the operation, we recommend you rest for 1 to 2 days to reduce bruises and swelling and increase the healing process. After 7 days, the stitches will be removed. A pair of sun glasses will help you to cover the marks. Patients can usually go back to work after 3 days. If outsiders should not notice anything, you should take an absence for 7 to 10 days (depending on the extent of swelling and bruises).

What needs to be taken into account?

- Sleep with a higher headboard for 2 to 3 days, do not work in a flexed body position.
- Use a cold pack to reduce swelling.
- You can wash your hair on the second day after the operation.
- Do not do any exercise or swim during 2 weeks.
- Do not use eye make-up for 10 days.
- Do not directly expose to sun for 2 to 3 months, use sun block.

Frequently asked questions (FAQ)

- Will there be scars?
Scars in the eye area are usually almost invisible and are hidden in the eyelid crease.
- When can I go back to work?
After 2 days, you will be able to go back to work if you feel well. Reading and working on the PC are limited in the first 7 to 10 days because your eyes will get tired after the operation.
- Does the operation carry any risks?
Compared to other surgeries, the operation is with little risk.
- How long do you have to wait before doing sports?
Do not do any sports activities which require a high pulse rate and sweating during 10 to 14 days. Fast walks are recommended after 2 days after the operation.
- Degree of pain?
The local anesthesia does not hurt. Paracetamol is usually enough. Painkillers are only necessary on the day of the operation.
- Duration of the operation?
The operation lasts about 2 hours, one hour preparation.