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PATIENT INFORMATION

Eyelid Surgery

Everything important about the treatment, preparation, the day of surgery and healing – to read at your leisure and as a basis for your consultation.

This patient information was translated with the help of AI. Translation errors are possible – the German version is authoritative.

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PART 1 · THE TREATMENT

FACE

Eyelid surgery – a small procedure with a big effect

The more open our eyes look, the more alert and vital we appear. Upper or lower eyelid correction can achieve a harmonious rejuvenation of the whole face with comparatively little effort.

DURATION	TREATMENT	RESULT	EXPERIENCE
max. 90 minutes	outpatient	visible almost immediately	more than 200 procedures per year

The eyes shape our facial expression like nothing else. When the eyelids droop, the whole face looks older, more tired and often sadder too – even if you feel fresh and rested.

Experience you cannot see

Eyelid surgery is one of my most frequent procedures: every year I perform more than 200 eyelid surgeries. I value this procedure because it is particularly effective – with relatively little effort, a very great effect on your overall appearance can be achieved.

There is no “standard” approach. I plan every eyelid surgery individually, because eyelid shape, excess skin and fat pads are different in every person. The shape of your eyes is preserved – you should still recognize yourself.

Upper eyelid surgery

Upper eyelid surgery (upper blepharoplasty) is advisable if the eyes appear visually smaller and look tired, or if the overhanging skin of the upper eyelid presses on the eyelashes (“hooded eyelids”). In pronounced cases, this can even restrict the field of vision.

I remove excess skin and – if necessary – part of the muscle or fat tissue. The incision lies in the natural eyelid crease, so that the scar is hardly visible after healing.

Lower eyelid surgery

Very good results can also be achieved with lower eyelid correction (lower blepharoplasty), for example for under-eye bags, slack skin or dark shadows caused by protruding fat pads. However, lower eyelid correction is more complex than upper eyelid surgery and requires many years of experience, including in reconstructive surgery. It therefore definitely belongs in experienced hands.

What you can expect

- Many years of experience and a high level of specialist medical expertise
- An outpatient procedure that takes no longer than a maximum of 90 minutes
- Inconspicuous scars in the natural eyelid crease
- No change to the shape of your eyes
- A long-lasting result

Upper eyelid: precision in detail

The strip of skin to be removed is marked precisely before the operation while you are sitting up, so that both sides are symmetrical. The suture tapers off laterally into a fine laugh line and is made with very fine threads. If needed, excess fat from the upper eyelid can be reused elsewhere – for example, for shadows under the eyes.

Health insurance: If the skin hangs down so far that the field of vision is restricted, upper eyelid surgery may be medically justified. A visual field test by an ophthalmologist is then the basis for an application.

Lower eyelid: two approaches

- **From the outside:** The incision lies directly below the lash line and extends a few millimeters into the lateral laugh line. Excess skin, bulging fat and slack muscle can thus be treated together; fat can also be redistributed to smooth the transition to the cheek.
- **From the inside via the conjunctiva:** For pure under-eye bags without excess skin, the fat is removed through the inside of the eyelid – without a visible scar.

> On the lower eyelid, less is often more: if too much fat is removed, the eyes look hollow. If too much skin is removed, the eyelid can be pulled downward. This is where experience particularly shows.

Preparation

- No blood-thinning painkillers (such as aspirin, ibuprofen or diclofenac) for about two weeks beforehand – only after consulting a doctor.
- Avoid nicotine, alcohol and tanning beds during this time if possible.
- Pause dietary supplements shortly before the procedure.
- If you have dry eyes, it is important to have them checked by an ophthalmologist before the procedure.

When you should be particularly well informed

Dry eyes, multiple previous operations, connective tissue disorders or very high expectations require particularly careful planning. Glaucoma is not a reason for exclusion, but it requires close monitoring.

The process

01 **Consultation**
I examine your eyelids, skin and the area around your eyes and discuss whether the upper eyelid, lower eyelid or both should be treated.

02 **Preparation**
You receive advice on medications that affect blood clotting and on organizing the day of surgery.

03 **Procedure**
The operation is performed on an outpatient basis and takes a maximum of 90 minutes.

04 **Getting home**
Plan for someone to accompany you – you should not drive yourself on the day of surgery.

05 **Aftercare**
Cooling relieves swelling; the sutures are removed after a few days.

After the procedure

The result of eyelid surgery is visible almost immediately. Swelling and slight bruising generally subside within one to two weeks. Sunglasses offer protection during this time and conceal at the same time. Screen work is usually possible again after a few days; we discuss contact lenses, make-up and sports at your follow-up appointment.

Risks

Eyelid surgery is considered a comparatively low-risk procedure. Possible complications include, among others, secondary bleeding, wound healing problems, temporarily dry eyes, asymmetries or – particularly on the lower eyelid – a malposition of the eyelid margin. This is precisely why experience is so important. I discuss all risks with you in detail before the procedure.

Frequently asked questions

Will my health insurance cover upper eyelid surgery?

Generally not, as it is an aesthetic procedure. If the excess skin demonstrably restricts the field of vision, coverage may be possible. This usually requires an ophthalmologist's report.

Is the procedure painful?

The operation itself is painless. Afterwards, there is usually only minor discomfort, which can be treated well with common painkillers.

When will I be socially presentable again?

Many patients feel comfortable in public again after about a week. This depends on the extent of the swelling, which varies from person to person.

Can eyelid surgery be combined with a facelift?

Yes, this often makes sense because together they create a harmonious overall appearance. More on this on the Facelift page.

Is the eye itself touched?

No. The surgery is performed on the skin, muscle and fat tissue of the eyelid – not on the eyeball. Vision may be slightly blurred temporarily due to ointment or slight swelling of the conjunctiva.

When can I exercise again?

Light exercise after about two weeks; intensive sports after lower eyelid surgery no earlier than after around four weeks.

When are the sutures removed?

Generally after about five to eight days – this is also the first detailed follow-up check.

PART 2 · THE PROCESS STEP BY STEP

FACE · PROCESS

Eyelid surgery – the process step by step

Eyelid surgery is a short outpatient procedure. This is how it typically proceeds – from preparation and the day of surgery to healing.

DURATION	TREATMENT	RESULT	SWELLING
max. 90 minutes	outpatient	visible almost immediately	usually 1–2 weeks

Eyelid surgery is one of the procedures I perform most often – more than 200 every year. That is exactly why it is worth knowing the process: it is manageable, and healing can be planned well.

The process at a glance

01

1–3 WEEKS BEFOREHAND

Preparation

Examination of the eyelids, planning and informed consent; medication is discussed.

02

DAY OF SURGERY

Operation

Outpatient procedure of no more than 90 minutes; afterwards home with someone accompanying you.

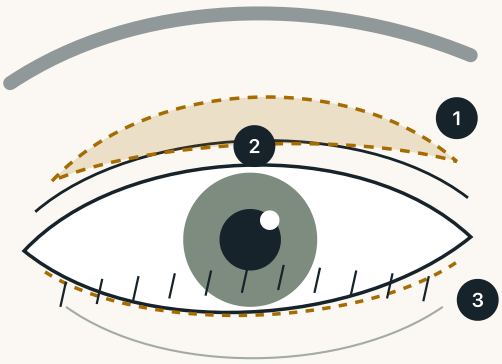
03

1–2 WEEKS

Aftercare

Cooling, suture removal after a few days; swelling usually subsides within one to two weeks.

What happens during the operation



INCISION LINES

1 **Incision in the eyelid crease**
the scar later lies inconspicuously in the natural upper eyelid crease

2 **Excess skin**
the marked area is removed, if needed also some fat or muscle

3 **Lower eyelid**
incision just below the lashes – under-eye bags are smoothed

Schematic illustration · individual approach based on the findings

Schematic illustration. The extent and incision lines are planned individually – the shape of your eyes is preserved.

Phase 1: Preparation

01 **Examination**
I assess excess skin, fat pads, eyelid position and eyebrows – sometimes a drooping brow is the actual cause.

02 **Ophthalmologist's report**
If your field of vision is restricted, it may be needed for possible coverage of the costs.

03 **Medication**
Only pause anticoagulant drugs after consulting a doctor.

04 **Contact lenses**
Have glasses ready for the first few days after the procedure.

05 **Organization**
Someone to accompany you home – you will not be able to drive yourself on the day of surgery.

Phase 2: The day of surgery

01 **Marking**
The strip of skin to be removed is marked precisely while you are sitting up.

02 **Anesthesia**
The procedure is performed on an outpatient basis; we discuss the type of anesthesia beforehand.

03 **Upper eyelid**
Excess skin is removed through an incision in the natural eyelid crease, and if necessary also some muscle or fat.

04 **Lower eyelid**
Depending on the findings, through an incision just below the lashes; under-eye bags are smoothed.

05 **Sutures and cooling**
Fine sutures, followed by cooling.

06 **Getting home**
After a short rest, you go home with someone accompanying you. The procedure takes no longer than a maximum of 90 minutes in total.

Phase 3: Aftercare and healing

Day 1–3

Cooling, head raised, rest your eyes; slight bruising is normal

Day 5–7

Sutures are removed; many people now feel comfortable in public again

Week 2

Swelling and discoloration have usually largely subsided; make-up after consultation

Week 3–4

Sports and contact lenses possible again after consultation

Month 3

Scars in the eyelid crease are hardly visible anymore

The result of eyelid surgery is visible almost immediately – it looks more natural with every day as the swelling goes down. Sunglasses offer protection in the early period and conceal at the same time.

> Contact us immediately if you experience visual disturbances, severe or increasing pain, tense swelling or fever.

Your checklist

- Glasses instead of contact lenses for the first few days
- Have cold compresses or cooling pads ready
- Sunglasses for your first walks
- Someone to accompany you home
- Plan about one week without important appointments

Frequently asked questions about the process

Can I have my upper and lower eyelids done at the same time?

Yes, this is often possible. Whether it makes sense is something we decide after the examination.

When can I work at a screen again?

Usually after a few days – with breaks, because your eyes tire more quickly at first.

Your next step

Nothing can replace a personal consultation. There I answer your questions and together we clarify what makes sense for you.

Book online: www.plastetik.de/en/appointment/
Phone: +49 89 987855 · **Email:** info@dr-woerl.de
More information: www.plastetik.de/en/eyelid-surgery/

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Important note: This information is for general education and does not replace a personal medical consultation and informed-consent discussion. Procedures, time frames and healing courses are typical values and may vary individually. A specific result cannot be promised.

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