DR EYAS MEDANAT

Dr. Eyas Medanat
Unit 303, 3rd Floor, Block B, Ibn Sina Building 27, Dubai Healthcare City, Dubai, UAE
+971 50 108 8378 · info@eyas.doctor

GUIDES · LOWER BLEPHAROPLASTY

Lower Eyelid Surgery (Lower Blepharoplasty)



Lower blepharoplasty smooths under-eye bags by removing or repositioning fat, and sometimes tightening the skin. Depending on your technique it is done from inside the eyelid (no visible scar) or through a fine line just under the lashes. Swelling under the eyes takes a little longer to settle than after upper-lid surgery.

1 At a glance

PROCEDURE TIME	ANAESTHESIA	GOING HOME	GARMENT / DRESSING
About 1 hour	Local anaesthetic with sedation, or general anaesthesia	Home the same day	No garment; sometimes skin-support tape for a few days

STITCHES	BACK TO WORK	EXERCISE
Removed at days 5–7 (or dissolvable inside the lid)	7–10 days	Walking from day 1; gym after 3 weeks

2 Before your surgery

Specific to this procedure

- Bring sunglasses and glasses instead of contact lenses.
- Stop retinol and eye creams around the eyes 1 week before.
- Tell us if you have dry eyes, thyroid eye problems or have had laser eye surgery.
- Follow the fasting and escort rules if you are having sedation or general anaesthesia.

Preparing for surgery

IN THE WEEK BEFORE

- Stop aspirin, ibuprofen and blood-thinning supplements (fish oil, vitamin E, ginkgo, garlic, turmeric) 7 days before, unless a doctor prescribed them for your heart — then ask us first. Paracetamol is fine.
- Avoid alcohol for 48 hours before, and cut down on smoking as much as you can.
- Tell us about your medicines, allergies, and any history of cold sores, keloid scars or easy bruising.
- Let us know if you develop a fever or a skin infection in the treatment area.

ON THE DAY

- Eat a light meal beforehand — this procedure is done under local anaesthetic, so you do not need to fast unless we tell you otherwise.
- Arrive with clean skin: no make-up, creams or self-tan on the area.
- Wear comfortable clothes that are easy to take on and off over the treated area.

3 After your surgery

Your medicines

- Augmentin (antibiotic): 1 tablet twice a day, with food, for 7 days. Finish the full course even if you feel well. Tell us before surgery if you are allergic to penicillin.
- Reparil (for swelling and bruising): 2 tablets three times a day for 7–14 days, as we tell you.
- Brufen (painkiller): take it only when you need it, with food. If you cannot take anti-inflammatory painkillers — for example because of stomach ulcers, kidney problems or asthma — tell us and we will give you an alternative.
- Tobradex eye ointment: once a day, before sleep, inside the eye — gently pull the lower lid down and apply a thin line. From day 3, when any strips are off, also apply it on the wound under the lashes (if you have one).
- Tobradex eye drops: 1 drop 3–4 times a day.
- After the first week, stop Tobradex (ointment and drops) and use only lubricating eye drops, such as Artelac Advanced, whenever your eyes feel dry.
- Then, if you have a scar under the lashes, apply a silicone scar gel with UV protection, such as NewGel+ UV, on it twice a day once it has healed.

First 48 hours

- Cool compresses for 10–15 minutes every hour while awake.
- Keep your head raised on 2 pillows, and sleep on your back, for the first week.
- Blurred vision from the ointment and a little blood-stained tearing are normal at first.

Eye and wound care

- Use the eye drops and ointment as listed in Your medicines.
- Clean any external stitch line gently twice daily with cooled boiled water and a cotton bud.

- The white of the eye may look swollen or jelly-like (chemosis) for a few days — keep using the drops and let us know at your check.
- If you were given taping or massage instructions for the lower lid, follow them — they help the lid sit well while it heals.
- Do not rub or pull the lower lid down.

Daily life

- No contact lenses or eye make-up for 2 weeks.
- Sunglasses outdoors; avoid swimming pools, dust and wind for 2 weeks.
- Avoid bending, heavy lifting and strenuous exercise for 2–3 weeks.
- Do not drive until your vision is clear and you are off sedating medicines.

4 Your recovery, week by week

Day 1–3
Peak swelling and bruising under the eyes.

Day 5–7
Any external stitches removed.

Week 2
Most bruising gone; back to work and light make-up.

Weeks 4–8
Residual puffiness, especially in the mornings, gradually settles.

Months 3–6
Final contour.

5 Follow-up visits

- 1 week after your procedure
- 3 weeks after your procedure
- 6 weeks after your procedure

Call us straight away if you notice

⚠ Sudden severe eye pain, a bulging eye, or any loss or change of vision — call us immediately.

⚠ The lower lid pulling down away from the eye, or the eye not closing fully.

⚠ A temperature of 38 °C or higher, shivering, or feeling generally unwell.

⚠ Bleeding that soaks through the dressing, or does not stop after 10 minutes of firm pressure.

⚠ Swelling that is sudden, tense and painful, or clearly larger on one side than the other.

⚠ Redness that is spreading, increasing heat, pus, or a bad smell from a wound.

⚠ Pain that is getting worse rather than better, or not controlled by the medicine we gave you.

⚠ Pain, swelling or redness in a calf, or new breathlessness or chest pain — call 998 first.

⊕ **Chest pain, difficulty breathing, or heavy bleeding that will not stop: call 998 (ambulance) or go to the nearest emergency department, then let us know.**

Questions while you recover — Message or call the clinic any time — no question is too small, and it is always better to ask early. **+971 50 108 8378** (WhatsApp) · info@eyas.doctor

This guide gives general advice. Dr. Eyas may give you instructions made just for you — at your consultation or when you go home after surgery. If his instructions are different from this guide, follow his instructions. If you are not sure, message us. Last reviewed: November 2026.