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 · UPPER BLEPHAROPLASTY

Upper Eyelid Surgery (Upper Blepharoplasty)



Upper blepharoplasty removes excess eyelid skin, and sometimes a little fat, through an incision hidden in the natural eyelid crease. Recovery is quick and the aftercare is simple: keep the strips on for the first 3 days, then use the ointment we give you until your check-up.

1 At a glance

PROCEDURE TIME	ANAESTHESIA	GOING HOME	GARMENT / DRESSING
About 1 hour	Local anaesthetic, with sedation if preferred	Home the same day	Steri-Strips on the incision — you can remove them from day 3; then ointment

STITCHES	BACK TO WORK	EXERCISE
Removed at days 5–7	7–10 days	Walking from day 1; gym after 3 weeks

2 Before your surgery

Specific to this procedure

- Bring your sunglasses for the journey home and glasses instead of contact lenses.
- Stop eyelash serums, retinol and eye creams around the eyes 1 week before.
- If you have dry eyes or use eye drops, tell us — we may give you lubricating drops to start in advance.
- If you choose sedation, follow the fasting and escort rules for 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, after you remove the Steri-Strips, also apply it on the wound.
- 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, once the wound has healed, apply a silicone scar gel with UV protection, such as NewGel+ UV, on the scar twice a day.

First 48 hours

- Leave the Steri-Strips (thin tapes on the eyelid crease) in place and keep them dry.
- Do not put cold or hot compresses on the eyes.
- Sleep and rest with your head raised on 2 pillows for the first week.
- Your vision may be slightly blurred from the ointment — this is normal. Rest your eyes; limit screens and reading for the first 2–3 days.

Eye and wound care

- From day 3 you can remove the Steri-Strips yourself: peel each one off slowly and gently, from the outer end towards the nose.
- Once the strips are off, apply Tobradex eye ointment along the wound as well (see Your medicines). There is no need to wash or clean the wound with water.
- Use your eye drops as listed in Your medicines — the eyes can feel dry or gritty for a couple of weeks.
- Do not rub your eyes. Pat, never pull.
- You may shower from day 2, keeping your face and eyes out of the water stream.

Daily life

- No contact lenses for 2 weeks and no eye make-up for 2 weeks (or until we say the wound has healed). Use new eye make-up products when you restart.
- Wear sunglasses outdoors; avoid dust, wind and swimming pools for 2 weeks.
- Avoid bending, heavy lifting and strenuous exercise for 2 weeks.
- Do not drive until your vision is clear and you are off any sedating medicines.

4 Your recovery, week by week

Day 1–3
Most swelling and bruising. Eyelids feel tight; some watering or dryness. Steri-Strips can come off from day 3; ointment starts.

Day 5–7
Stitches removed. Bruising fading.

Day 10–14
Most people return to work and social life; eye make-up and lenses can usually restart.

Weeks 4–6
Scar softens and becomes pale pink.

Months 3–6
Scar fades into the crease; final result.

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 — this is an emergency; call us immediately.

⚠ Swelling that rapidly increases on one side, with tightness behind the eye.

⚠ 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.