DR EYAS MEDANAT

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GUIDES

Eye Rejuvenation

A treatment for the skin under and around the eyes, placed with very small injections. It improves hydration, fine lines and skin quality so the eye area looks smoother, brighter and more rested. It is done as a course of sessions.



1 At a glance

PROCEDURE TIME	ANAESTHESIA	BACK TO WORK
20–30 minutes	Numbing cream	Straight away
EXERCISE	**RESULTS**	**HOW LONG IT LASTS**
After 24 hours	Gradual, from 2–4 weeks	About 6 months after the course

2 Before your treatment

Specific to this procedure

- Tell us if you are pregnant or breastfeeding, have an autoimmune condition, a skin infection or a cold sore, or take blood thinners.
- Avoid aspirin, anti-inflammatory painkillers, fish oil and vitamin E for 7 days, and alcohol for 24–48 hours — unless a doctor prescribed them.
- Arrive without make-up on the treatment area.

3 After your treatment

First 24 hours

- Small bumps, pinpoint marks and redness at the injection points are expected and settle within 1–3 days.
- Do not press, rub or massage the area.
- No make-up for 12 hours.
- No exercise, sauna, steam, swimming or alcohol for 24 hours.
- Swelling under the eyes is common for 2–3 days; sleep with your head slightly raised and use a cool pack wrapped in cloth, 10 minutes at a time.
- Do not wear contact lenses or eye make-up for 24 hours.

The next week

- Avoid scrubs, acids, retinol and facials for 3–5 days.
- Avoid laser and other skin treatments on the area for 1 week.
- Use SPF 50 every day and avoid strong sun.
- Small bruises may last a few days.

4 Your recovery, week by week

Day 1–3
Swelling and small bumps settle.

Weeks 2–4

Next session; the skin looks smoother.

After the course

A brighter, more rested eye area.

Call us straight away if you notice

- Any change in your vision, or strong pain in the eye, after treatment — call 998 immediately, then us.
- A hard, red, hot or painful lump that appears days or weeks later.
- Increasing redness, heat, swelling or pain after the first 2–3 days, pus, or a fever.
- Anything you are worried about — send us a photo on WhatsApp and we will advise you.

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.