

Before & After Your Surgery

Pre- & Post-operative Care for Eyelid & Brow Lift Surgery

Eyes & Aesthetics | Doctor-led care with clinical precision and natural results

1. General Pre- & Post-Operative Core Rules

Medication & Medical Preparation

- **Prescribed Blood Thinners:** If you take prescribed blood-thinning medications (such as Warfarin, Clopidogrel, or Rivaroxaban), **do not stop taking them** without explicit written instructions from your prescribing doctor or Dr Ayan.
- **Over-the-Counter Medications & NSAIDs:** Completely avoid blood-thinning over-the-counter medications (such as Aspirin) and Non-Steroidal Anti-Inflammatory Drugs (NSAIDs like Ibuprofen) for the timeframe specified by Dr Ayan prior to surgery. These alter bleeding times and severely increase the risk of deep bruising and surgical bleeding.
- **Medical Truthfulness & Skin Health:** Ensure your complete medical history form is filled out with total accuracy. If you develop active skin infections, open wounds, cold sores, or unstable dry eyes close to your surgery date, notify the clinic immediately. Surgery cannot proceed over compromised skin barriers.
- **Facial Treatments & Anti-Wrinkle Suspension:** Stop anti-wrinkle (Botulinum Toxin) injections at least 12–16 weeks before surgery so facial muscles return to their natural position for accurate brow and lid evaluation. All active skin treatments (chemical peels, facials, microneedling, laser therapies) must be paused 2 weeks prior.
- **Social & Travel Restrictions:** Ensure you have no long-haul flights, prolonged sun exposure, major professional presentations, or significant social milestones scheduled for 14 days post-procedure.
- **Day of Surgery Preparation:** Arrive with a clean face free from makeup, moisturisers, or cosmetics. Wear a button-up or zip-front shirt to avoid pulling clothing over your head. Arrange for a responsible adult to escort you home.

2. Quick-Reference Do's and Don'ts Summary

Procedure	DO'S	DON'TS
Upper & Lower Blepharoplasty	• Clean wounds with cooled boiled water and sterile gauze. • Use cooled compresses for 10–15 mins/hour for 48 hours. • Attend suture removal on Day 10 and review within 14 days.	• Do not use tap water, soaps, or cotton wool buds on incision lines. • Do not apply eye makeup until incisions are fully healed. • Do not use saunas, steam rooms, hot tubs, or hot environments.
Temporal Brow Lift	• Wash hair with plain/antimicrobial shampoo before surgery. • Keep temple incisions clean and dry with sterile gauze and clear water. • Rest with head elevated on 2–3 pillows.	• Do not apply hairsprays, gels, oils, or dry shampoo near wounds. • Do not use chemical dyes or perms close to surgery. • Do not resume forehead injectables for at least 3 months.
Eyelid Lesions & Cysts	• Arrive with clean eyelid margins and no eye makeup. • Keep pressure pads in place for 2–6 hours if directed. • Clean gently, wiping away from the eye.	• Do not wear eyelash extensions, mascara, or eye makeup. • Do not scratch, pick, or rub crusts/scabs. • Do not expose treated areas to steam or heat.

3. Specific Treatment & Recovery Directives

A. Upper & Lower Blepharoplasty (Eyelid Lift Surgery)

- **Wound Cleanliness:** Wash the area using only clear, cooled boiled water and sterile gauze pads. Avoid tap water, soaps, and cotton wool buds to prevent introducing bacteria or lint fibers.
- **Swelling & Bruising:** Moderate to severe swelling and bruising around the eyes are normal, peaking within 48 to 72 hours and fading over 1 to 3 weeks. Apply

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cooled compresses regularly for the first 48 hours. Small amounts of pink-tinged fluid or crusting along stitch lines are expected.

- **Restarting Injectables & Facial Treatments:**
 - *Upper Blepharoplasty:* Wait at least 8–12 weeks before resuming anti-wrinkle injections around the eyes.
 - *Lower Blepharoplasty:* Wait at least 3 months before having anti-wrinkle injections near the lower eyelids or crow's feet to protect the eyelid closure muscle and prevent lower lid drooping (*ectropion*).
 - *Other Facial Treatments:* Avoid active facials, chemical peels, microneedling, or laser therapies for at least 8 weeks post-procedure.

B. Temporal Brow Lift

- **Hair & Incision Care:** Complete chemical hair treatments at least 1 week before surgery. Keep temple hairline incisions clean using only clear water and sterile gauze. Avoid standard hair styling products and harsh cleansers near wounds.
- **Recovery & Injectable Restrictions:** Elevate your head on extra pillows and apply cold compresses to temples/forehead frequently for 48 hours. Sutures are removed on Day 12. You must wait at least 3 months before resuming forehead/frown anti-wrinkle injections, as injecting too early will drop the brow and flatten the surgical lift. Avoid facials or scalp treatments near hairline incisions for 8–12 weeks.

C. Removal of Cysts and Lesions of the Eyelid

Pre- & Post-Care: Arrive with clean eyelid margins. Keep pressure pads in place for 2–6 hours if applied after chalazion removal. Clean delicate wound sites gently, wiping away from the eye, and never pick at scabs to prevent permanent scarring. Avoid makeup until skin barriers reform completely. Follow-up and suture review occur within 14 days.

4. Critical Safety Warning & Emergency Directives

Common & Serious Post-Surgical Complications

Be vigilant for known surgical complications:

- **Lagophthalmos:** Eyelids feeling tight or difficulty closing eyes fully; use prescribed eye lubricants strictly.
- **Ectropion:** Lower lid pulling downward/outward after lower blepharoplasty.
- **Infection Flags:** Worsening heat, throbbing pain, spreading redness, fever, or yellow pus.
- **Altered Sensation & Asymmetry:** Numbness, tingling across the forehead/scalp, or minor left/right healing variations.

URGENT SIGHT WARNING

Bleeding Behind the Eye (Retrobulbar Haematoma)

This is rare but time-critical. Deep bleeding can occasionally occur behind the eyeball after surgery, causing pressure to build up against the optic nerve. Immediate hospital emergency treatment is required to protect your eyesight.

Seek emergency care immediately if you notice any of the following:

- **Sudden, severe, or blinding eye pain** that is not relieved by paracetamol.
- The eyeball appears to be **visibly bulging or pushing forward** out of the socket.
- **Sudden drop, clouding, blurring, or complete loss of vision.**

GO STRAIGHT TO THE NEAREST HOSPITAL A&E DEPARTMENT IMMEDIATELY.

Do not wait for a clinic callback — every minute counts to preserve vision.

ACUTE MEDICAL EMERGENCY ANAPHYLAXIS WARNING

If you experience sudden difficulty breathing, swelling of your lips, tongue, or throat, severe dizziness, feeling faint, or a sudden widespread rash, these may be signs of a severe allergic reaction.

**CALL 999 IMMEDIATELY FOR AN AMBULANCE.
THIS IS A LIFE-THREATENING MEDICAL EMERGENCY.**

5. Emergency Contact Information

For procedure-specific complications or any clinical warning signs, contact us immediately via our dedicated lines:

- **Clinic Telephone & Emergency Mobile:** +44 7915 638085
- **Clinical Email:** contact@drfilisayan.com
- **Non-Urgent Support:** For standard recovery questions that do not match emergency flags, message us directly through the patient portal at www.drfilisayan.com.

**Dr Filis Ayan MBBS, MD, PhD, FEBOphth
EYES & AESTHETICS**

Natural rejuvenation • Clinical precision • Personal care

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