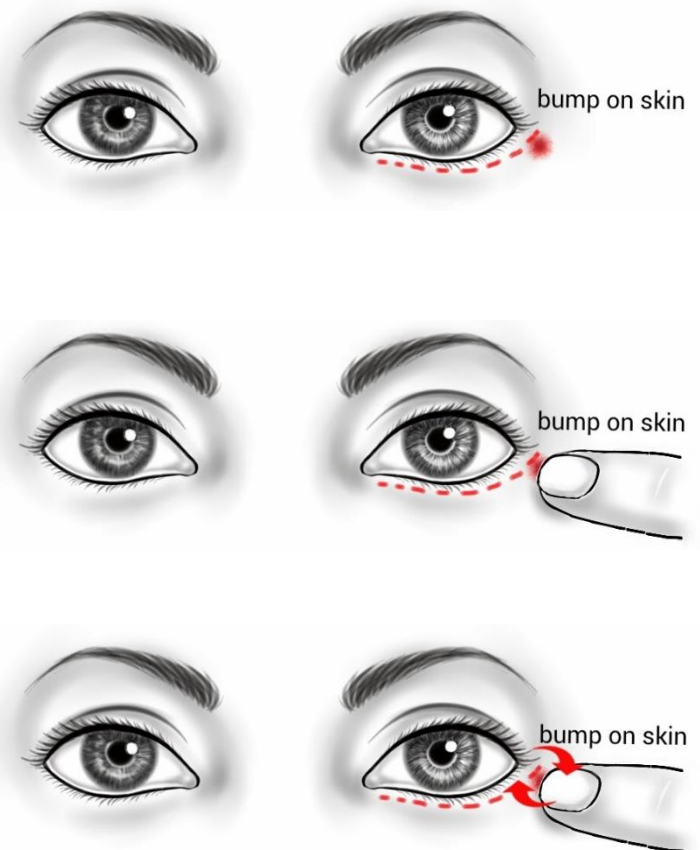


MASSAGING LATERAL SUSPENSION SUTURES AFTER LOWER EYELID BLEPHAROPLASTY SURGERY

During lower eyelid blepharoplasty surgery, suspension and reattachment of some of the mid-face and lower eyelid muscles is often required. At the outer corners of the eyes, where the muscles overlap and heavy, absorbable suspension sutures are placed, a tissue reaction often occurs creating a bump. These bumps can generally be massaged away starting 3 weeks after surgery.

When massaging this area, there are several essential points to remember:

- Massage should be performed directly over the bumps, catching the bumps between your finger, palm, or knuckle and the underlying bone. Gently slide the bump up, down, or over if needed to position the bump directly over bone.
- These areas to be massaged may be tender at first, so begin massaging gently, increasing pressure and intensity each day as tolerated.
- The massage is mostly deep, direct pressure with little circular movements, and eventually, the massage should be hard enough to turn the fingernail bed white with pressure.
- When moving the finger, the skin should move *with* the finger. If the finger moves over the skin, then insufficient pressure is being applied.
- Vitamin E oil may be used twice a day to enhance healing during massage, but massaging should occur throughout the day as much as possible even without Vitamin E.
- Massage should continue until the bumps are soft, flat, and essentially invisible. This may take several weeks, depending upon general health and healing propensity.



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