MASSAGING LOWER EYELID INCISIONS AFTER BLEPHAROPLASTY SURGERY

During lower eyelid blepharoplasty surgery, incisions are sometimes made directly under the eyelash line in order to suspend and tighten the lower eyelid muscles. As the surgery heals, gravity and contractile forces tend to drag the eyelids downward. Gentle upward massage starting one week after surgery will help the eyelids to heal correctly in the right position. When massaging this area, there are several important points to remember:

- Wipe the eyelid clean of slippery tears, oils and ointments.
- Correct placement of the massaging finger is essential.
    - The top edge of the finger should be positioned as close beneath the ridge of the eyelid as possible. Placing the finger too high will result in poking the eye. Placing the finger too low will bunch the skin and fail to effectively raise the eyelid.
    - The finger should be positioned wherever the eyelid is lowest. This is generally at the mid-point of the lower eyelid or slightly towards the ear.
- To begin the massage, correctly position the finger, press inward slightly towards the eye, and then push upward. Failure to press inward first will result in the finger slipping upward over the skin without eyelid elevation.
- Elevate the lower eyelid until it hits the upper eyelid and covers the eye.
- Hold the lower eyelid in this position for a count of two seconds, then release and repeat.
- Some people, especially those with long fingernails, find it easier to use the side of the finger between the tip and the first knuckle. This also provides a broader area of elevation.
- These massages should be performed as much as possible within the first month after surgery until the lower eyelid just begins to cover the lower edge of the iris, or the colored part of the eye.
- If a slight gap develops between the eye and the lower eyelid out towards the ear, this same approach is used placing the finger out towards the outer edge of the eyelid with more force in towards the eye during the massage.