

MASSAGING AN UPPER EYELID AFTER DROOPY EYELID REPAIR

In most cases, at Plastic Eye Surgery Associates, PLLC, we raise a droopy eyelid by tightening the attachment of the primary eyelid lifting muscle to the skeleton of the eyelid. This increases the power and effect of the opening muscle to raise the eyelid while still allowing the eyelid to close normally. The advantage of this procedure is that it is totally adjustable. The disadvantage is that it is somewhat unpredictable.

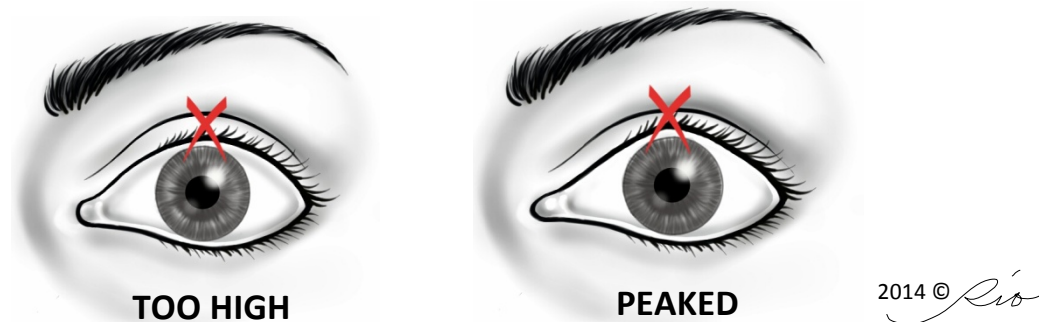
There are nine factors which temporarily and variably influence how the eyelid appears during surgery, making it difficult to predict the exact height of the eyelid. Nationally, using this technique, experts in eyelid surgery end up guessing incorrectly 25% of the time, and later the eyelid must be adjusted. Our revision rate is about 7%, better than the national average, but not perfect.

If the eyelid remains low after droopy eyelid repair, then it must be raised further. However, there are two cases in which personal eyelid massage may solve the problem without further surgery: an eyelid that is overall too high and an eyelid that is peaked. Look carefully at the upper eyelid edge relative to the colored part of the eye. No "white space" should be visible.

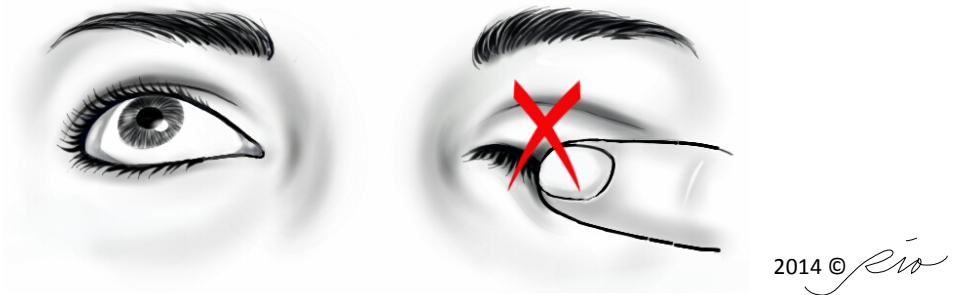


Corrective Steps:

1. Make sure the eyelid you wish to lower is free of all slippery ointments.
2. Identify the highest position in the upper eyelid and imagine a point at that location halfway between the eyelashes and the surgical incision, the "X" point.



3. With your nose pointing forward, using your eyes only, look down towards the floor. It's important to not close the eyes, but simply look down at the floor.
4. Capture your eyelid between your eyeball and a finger pressed quite hard at the "x" point and with your other eye, look upward as high as you can. You should feel a pulling sensation in the eyelid you are holding down. If the eyelid you are holding moves upward, you are not pressing hard enough. If the eyelid continues to slip out of your grasp, you can try using a facial tissue (don't rub your eyeball with the tissue) or you can try grasping the eyelashes just below the "x" point.



5. The looking up phase should last no more than 1-2 seconds. The stretching effect happens mostly during the upward movement of the other eye.
6. Typically we recommend doing this about once an hour (10 times a day) and 10 times at each sitting, so a total of 100 upper eyelid movements while holding the offending eyelid down. Although this treatment is most rapidly effective within the first two weeks, it can produce results even if started years later.