

## MASSAGING UPPER EYELID INCISIONS AFTER BLEPHAROPLASTY SURGERY

During upper eyelid blepharoplasty surgery, removal of tissue often results in an abrupt transition between the thick skin just beneath the eyebrows and the thinner skin of the eyelids. This is frequently most noticeable at the outer edges of the incisions towards the ear.

Starting 3 weeks after surgery (2 weeks after suture removal), massaging the outer corners of the incisions will smooth the transition and help the incisions appear more like normal smile lines around the eyes.

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

- Massage should be performed beyond the outer corner of the eyelids only.
- Massage should occur so that the incision is situated between your finger, palm, or knuckle and the underlying bone. Gently slide the incision up, down, or over if you need to position the incision more directly over bone.
- These areas to be massaged may be tender at first, so begin massages gently, increasing pressure and intensity each day as tolerated.
- The massage is mostly deep, direct pressure with little circular movements. 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 incision is smooth, flat, and essentially invisible. This may take several weeks, depending upon general health and skin type.

