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CONSULTANT PLASTIC SURGEON

PATIENT INFORMATION

Upper eyelid surgery

Upper blepharoplasty
Often under local anaesthetic, home the same day

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The Ü Clinic
Sevenoaks & Oxted

Version 1.0
October 2026

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This booklet explains upper eyelid surgery, from deciding whether it is right for you to your recovery.

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01 Why you have this booklet

You've been given this booklet because you've talked to Mr Kumar about upper eyelid surgery (upper blepharoplasty), or you're about to.

It explains what the operation involves, who it suits, the alternatives, and the risks and recovery.

It won't answer every question, and it isn't a substitute for talking things through with Mr Kumar, so please note down anything you want to ask and bring it to your next appointment. There is space for your questions at the back.

02 What upper eyelid surgery is

With age the skin of the upper eyelids stretches and folds over the lashes. It can make the eyes look heavy or tired, make eye make-up difficult, and in some people get in the way of their vision.

Upper blepharoplasty removes the extra skin, and sometimes a little muscle and fat. The scar is placed in the natural crease of the eyelid, so it is well hidden once healed.

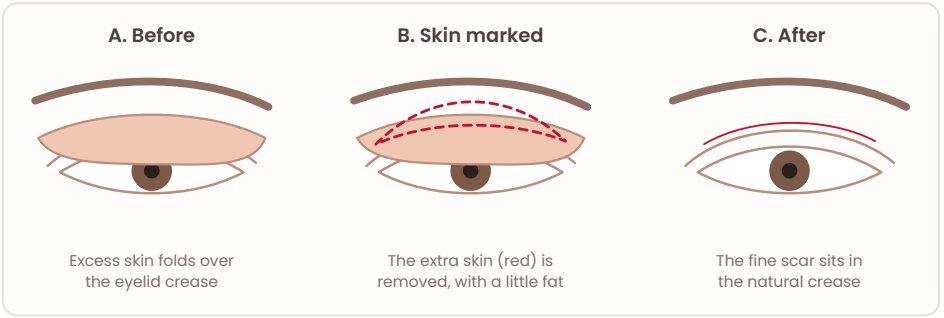


Figure 1. The skin removed in upper eyelid surgery, and where the scar sits. A simplified drawing for guidance only.

Is it the eyelid or the brow?

Sometimes the real cause of heaviness is a low brow rather than extra eyelid skin. Mr Kumar will check this, because removing eyelid skin when the brow is low can make things worse. A brow lift may be suggested instead or as well.

03 Is it right for you?

You're likely to be a good candidate if:

- you have excess skin resting on or near your lashes
- your eyes feel heavy or look tired
- you are in good general health
- you have realistic expectations

What the operation won't do

- **It won't lift a low brow.**
- **It won't remove crow's feet** or dark circles.
- **It won't treat bags under the eyes**, which needs lower eyelid surgery.

Please tell Mr Kumar if you have, or have had

- dry eyes, or you use eye drops
- glaucoma, thyroid eye disease or any other eye condition
- previous eye or eyelid surgery, including laser eye surgery
- you wear contact lenses
- you take blood thinners, aspirin or supplements such as fish oil
- high blood pressure or diabetes
- you smoke

04 Other options

You don't have to have this operation. Depending on what bothers you, the alternatives include:

- a brow lift, if the brow is low
- anti-wrinkle injections, which can lift the brow a little for a few months
- doing nothing for now.

05 What you can expect from the result

Most people are very pleased with how much fresher and more open their eyes look.

1 week
Stitches out; most bruising fading

2–4 weeks
Return to make-up

3–6 months
Scar fades

- Results are long-lasting, often 10 years or more, although the skin continues to age.

06 Getting ready

Before your operation you'll have a pre-operative assessment, with your medical history, an examination, photographs and sometimes blood tests. You'll also be asked to:

- **stop aspirin, anti-inflammatory painkillers and supplements** such as fish oil, garlic, ginkgo and vitamin E, usually 1–2 weeks beforehand. Please don't stop any prescribed blood thinner without checking first.
- **stop smoking** if you can, at least 2–4 weeks before and after
- **bring sunglasses** on the day and have cold compresses ready at home
- **arrange for someone to drive you home**
- **plan about a week off work**

07 Anaesthetic and where it happens

Upper eyelid surgery is usually done under local anaesthetic, so the eyelids are numb and you are awake. Sedation or a general anaesthetic can be arranged if you prefer. You go home the same day.

08 The operation

Mr Kumar marks the skin to be removed with you sitting up. After the local anaesthetic, the marked skin, and sometimes a strip of muscle and a little fat, are removed. The wound is closed with a fine stitch in the crease. The operation takes about an hour for both eyes.

09 Straight afterwards

Your eyelids will be swollen and bruised, and may feel tight. Your vision may be a little blurred from ointment. Use cold compresses for the first 48 hours and rest with your head raised.

10 Recovery

When	What to expect
Days 1–2	Cold compresses; rest with your head raised. Gentle cleaning as shown.
Days 3–4	Swelling and bruising are usually at their worst.
Day 7	Stitches removed. Most people return to work, driving and light exercise.
Weeks 2–4	Return to make-up and contact lenses, and full exercise.
3–6 months	The scar fades to a fine line.

- **Don't rub your eyes.**
- **Avoid swimming** for 2 weeks.
- **Wear sunglasses** outdoors while the scars mature.

11 Risks and complications

Most people recover without any serious problems. But like any procedure it carries risks, and you should understand them before you decide. Where reliable published figures exist, we've given an approximate, rounded figure. Where they don't, we've used these standard terms:

COMMON	UNCOMMON	RARE	VERY RARE
more than 1 in 100	1 in 100 to 1 in 1,000	1 in 1,000 to 1 in 10,000	fewer than 1 in 10,000

Your own risk may be higher or lower depending on your health, whether you smoke, and the details of your procedure. Mr Kumar will talk through what applies to you.

What almost everyone experiences

These aren't really complications. They're a normal part of healing.

- Swelling and bruising for 1–2 weeks.
- Tightness, and the eyes not closing fully for a few days.
- Watery or gritty eyes for a few weeks.
- Pink scars in the crease, which fade.

Other complications

- **Dry eyes** COMMON
  Usually temporary and helped by eye drops. It can occasionally last longer, especially if you already have dry eyes.
- **Asymmetry** UNCOMMON
  The two sides may look slightly different. A small adjustment is occasionally needed.
- **Too little skin removed** UNCOMMON
  Some heaviness may remain; a further small procedure can help.
- **Small cysts along the scar (milia)** UNCOMMON
  Tiny white spots that usually settle or are easily removed.
- **Infection** UNCOMMON
  Usually treated with antibiotics.

- **Difficulty closing the eyes fully** UNCOMMON
  Usually temporary while swelling settles. Rarely it persists and needs treatment.
- **Drooping of the eyelid (ptosis)** RARE
  Usually from swelling and recovers. Occasionally it needs correction.

Rare but serious complications

Please read this section carefully.

- **Bleeding behind the eye** VERY RARE
  A collection of blood behind the eye (retrobulbar haematoma) causing severe pain, swelling and loss of vision. It needs emergency treatment.
- **Loss of vision** VERY RARE
  Permanent loss of vision has been reported, usually from bleeding behind the eye.

Complications of the anaesthetic

Modern anaesthesia is very safe. Feeling sick, a sore throat or feeling drowsy are common for a short time afterwards. Serious problems, such as a severe allergic reaction, are very rare. Your anaesthetist will meet you before the operation and explain the risks for you personally.

12 Further treatment

Occasionally a further procedure is needed to refine the result, for example if healing leaves an area uneven or a scar needs revising. This isn't usually considered until things have fully settled, often 6–12 months afterwards. The cost of any further procedure isn't automatically included in your original fee; the clinic team can explain our policy.

13 Photographs and records

Photographs are taken before and after your procedure and kept in your medical records. They help Mr Kumar plan your treatment, record how things looked beforehand and follow your progress. This is standard good practice. If we ever want to use your photographs for teaching, publication or marketing, we will ask you separately and specifically, and saying no won't affect your care in any way.

14 Costs and time to think it over

You'll receive a written quote covering your treatment, aftercare and any follow-up included in the price, together with our deposit and cancellation policy. Self-pay consultations cost £250 and follow-ups £150.

Time to think it over

We recommend waiting at least two weeks between your consultation and your operation. This follows good practice for cosmetic surgery, and gives you time to think things over and ask more questions. You can change your mind at any point before surgery, even on the day, and you don't need to give a reason.

15 Your decision

This is your decision and you have the right to:

- take as long as you need to decide, and bring someone with you to appointments
- say no to treatment, or withdraw your consent at any stage, without having to explain why and without it affecting any other care you receive
- ask for a second opinion from another surgeon.

16 Your personal information

Your personal and medical information is kept securely and used in line with UK data protection law (the UK GDPR and the Data Protection Act 2018). It's only shared with the people directly involved in your care, or where the law requires it, unless you give your consent for anything else.

17 Who to contact, and when to get help urgently

If you have any questions or worries, please contact the clinic during opening hours on **020 3026 9695** or **info@theuclinic.com**.

Call 999 or go to your nearest A&E immediately if you have

- severe pain in or behind the eye, a bulging eye, or any change or loss of vision
- chest pain, shortness of breath or coughing up blood

Contact us promptly if you have

- swelling that is much worse on one side or increasing
- redness that is spreading, warmth, discharge or a temperature
- bleeding that doesn't stop with 10 minutes of gentle pressure
- pain that isn't controlled by your painkillers

Out of hours, your emergency contact number will be given by the treating hospital or clinic.

18 What happens next

Before your procedure, Mr Kumar will go through this information with you again and take your written consent. If anything in this booklet has raised a question, or if anything changes with your health, your weight or your medication before then, please let us know.

My questions

Note down anything you want to ask Mr Kumar and bring it to your next appointment.

Questions or worries?

Please contact the clinic during opening hours. Out of hours, your emergency contact number will be given by the treating hospital. In an emergency, call 999.

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