



London Ophthalmology + Ophthalmic Plastics

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Eyelid Massage Following Ptosis Repair

The following technique is employed when a subtle adjustment in the early post-operative shape of the eye(s) is desired. Dr Koutroumanos will help you identify these situations and advise you when to begin the massage. Follow the following steps:

Make sure the eyelid(s) is clean of oils, moisturizers and ointments

Identify the highest point of the upper eyelid between the eyelashes and the incision

Using your eyes only look down. Do not close your eyes

With your finger press hard enough against your eye(s) so that the upper eyelid does not move

Look upward

Your eye(s) should stay closed and you should feel a pulling sensation on the eyelid that you are holding down

The looking up phase should last no longer than 1-2 seconds

Do this ten times in one sitting

And about ten sittings per day

Dr Koutroumanos will advise how many days you should continue this for. Overcorrecting by massage is extremely uncommon.

