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The Roadmap for Upper + Lower Eyelift

CONSULTATION / ASSESSMENT / SURGICAL PLAN / REJUVENATION



PATIENT EDUCATION • SURGERY ROADMAP

Upper + Lower Eyelid Surgery

A thoughtful guide to preparing for eyelid rejuvenation, understanding upper and lower eyelid planning, and navigating recovery. Preparation is part of the journey

The eyes are central to expression and facial proportion. Upper and lower eyelid surgery involve different anatomy and considerations, so planning begins with an individual examination rather than a one-size-fits-all approach.

What this roadmap is designed to do

- Understand why upper and lower eyelid concerns are evaluated differently.
- Know what to discuss about eye history, medications, goals, and expectations.
- Prepare for early swelling, bruising, irritation, and visible changes during healing.
- Understand why the eye area can continue to refine after early recovery.



Review of your surgical plan

Your consultation determines whether the focus is the upper eyelids, lower eyelids, or both. Planning may consider excess skin, fat distribution, surrounding support structures, brow position, skin quality, and the relationship between the eyes and the rest of the face.

Your consultation is where the roadmap becomes personal

- Clarify the areas you would like to improve and features you want to preserve.
- Discuss whether upper eyelid surgery, lower eyelid surgery, or a combination is appropriate.
- Review eye history, including dryness, irritation, prior eye surgery, and relevant conditions.
- Discuss medications, supplements, allergies, prior procedures, and anesthesia considerations.
- Review preparation, transportation, aftercare, activity, makeup, contact lenses, and sun protection.

Important

This roadmap is educational and does not replace individualized pre- or post-operative instructions. The exact procedure, technique, anesthesia plan, medications, testing, activity restrictions, and aftercare are determined by the surgical team.

The physical and emotional timeline

Early eyelid recovery can be visually noticeable because the tissues around the eyes are delicate. Swelling and bruising may change from day to day.

FIRST DAYS	WEEK 1	WEEKS 2-3	MONTHS 1-3	MONTHS 3-12+
PROTECT	RECOVER	RE-ENTER	SETTLE	REFINE
Rest, use prescribed care, and protect the eye area.	Swelling and bruising may be most noticeable early.	Work and social routines may gradually become easier.	Swelling continues to decrease as tissues heal.	Incisions and contours continue to mature.

Recovery varies with the procedure performed, individual anatomy, health, and healing response. Subtle changes may continue for a year or longer.

Upper eyelid planning

- Discuss what you would like to improve and what you want to preserve.
- Ask how upper eyelid anatomy and brow position influence the plan.

Lower eyelid planning

Lower eyelid surgery requires consideration of the lower lid and its relationship to the cheek.

- Ask how lower-lid anatomy, fat distribution, support, and skin quality affect the approach.
- Confirm lower-eyelid-specific instructions.

Preparing your body and eyes

- Give the team a complete medical and eye history.
- Discuss dry eye, irritation, prior eye surgery, or relevant conditions.
- Follow individualized instructions regarding medications, supplements, nicotine/smoking, cleansing, and appointments.

Preparing your recovery space

- Arrange transportation and support as instructed.
- Prepare hydration, simple meals, a comfortable place to rest, and recommended supplies.

Protecting the healing area

- Do not rub or place unnecessary pressure on the healing area.
- Do not add products or routines without checking with the practice.
- Contact the office if a symptom concerns you or differs from your instructions.

Understanding appearance during healing

- Swelling and bruising can make the eyes look uneven or different day to day.
- Early appearance is not the final result.
- Attend scheduled follow-ups.

Your result should still look like you

- Eyelid surgery is not intended to make you look like someone else. The goal is a refreshed, natural result that preserves your individual features and expression.

Understanding symmetry

- Perfect symmetry cannot be guaranteed. Natural differences between the eyes may remain after surgery, and eyelid surgery cannot promise perfection.

Understanding the long-term result

Eyelid surgery does not stop the natural aging process. The eyes and surrounding tissues will continue to change over time, and surgical results are not permanent.

Questions worth bringing to your appointment

- Am I having upper eyelid surgery, lower eyelid surgery, or both, and why?
- What is the primary goal?
- How will my eye history or dryness affect planning?
- What should I expect during the first 24–72 hours?
- Which medications, supplements, products, or habits need adjustment?
- When can I return to work, exercise, social activities, makeup, contact lenses, and travel?
- Which symptoms should prompt a call?

- What should I prepare at home?

Communication is part of preparation

Keep your practice-provided instructions accessible and contact the office when something is unclear rather than changing your routine based on online advice or another patient's experience.

Your recovery is part of the result

Give the tissues time to settle, follow the instructions provided by the surgical team, attend follow-ups, and ask questions when something is unclear.



Ready to plan your next step?

A consultation is an opportunity to understand your goals, anatomy or treatment area, options, preparation, and recovery journey before making a decision.

SCHEDULE A CONSULTATION