

# Lower Eyelid Bags and Blepharoplasty (Lower Eyelid Surgery)



## Why Do Lower Eyelid Bags Happen?

Your eyes are one of the first things people notice – and the eyelids play a big role in how your eyes look. They're like the frame around a window. As we age, the skin and tissues in the lower eyelids can change.

Lower eyelid bags are often caused by fat pushing forward under the skin. Other factors, like aging, sun exposure, loss of cheek volume, loose skin, or chronic allergies, can make the bags look worse. These changes may create a tired, puffy, or older appearance.

## Treatment Options

Lower eyelid blepharoplasty is a surgery to reduce the look of under-eye bags and dark circles. The goal is to create a smoother, more rested appearance.

The surgery can be done in two ways:

- Inside the eyelid (transconjunctival approach): No visible scar; fat is removed or repositioned.
- Just under the lashes (external approach): Small incisions allow for skin tightening or laser/chemical resurfacing.

In some cases, fat grafting (fat from another area of the body) is also done to restore lost volume and improve cheek contour.

## After Surgery

- Cold compresses help reduce swelling and bruising for the first few days.
- You may be given antibiotic ointment.
- Keep your head elevated, and limit activity for a few days.
- Most discomfort is mild and managed with over-the-counter pain relievers (avoid aspirin or ibuprofen unless advised).

Most people can return to normal activities in 1 to 2 weeks.

## Risks and Complications

As with any surgery, there are some risks:

- Bruising and swelling (common and temporary)
- Bleeding or infection (rare)
- Changes in eyelid shape or position
- Minor lumps or cysts near the incision (usually resolve over time)
- Possible need for touch-up surgery months later

Let your surgeon know if you take blood thinners, as they can increase the risk of bleeding.

Your oculofacial plastic surgeon will do everything possible to create symmetry, but perfect results can't be guaranteed. Typically, patients are happy with results and feel they look more rested and refreshed.

The Oculofacial Society is the American Society of Ophthalmic Plastic and Reconstructive Surgery (ASOPRS) public-facing website for patients and referring physicians. To learn more about the services provided by ASOPRS members, visit [www.oculofacialsociety.org](https://www.oculofacialsociety.org).

ASOPRS is a professional medical society dedicated to advancing education, research, and the quality of clinical practice in aesthetic, plastic, and reconstructive surgery of the face, orbits, eyelids, and lacrimal system.