

# PRE + POST EYELID BLEPHAROPLASTY skin protocol



Healthy skin can assist to optimise and maintain surgical outcomes, reduce recovery downtime and lower the risks of scarring/pigmentation following surgery.

After undergoing surgery, the skin experiences a significant inflammatory period, decreasing the skin's health and function. When the skin's health is impaired, your surgical wounds will be slower to heal, may be more inflamed, or may form scar tissue more readily than healthier skin would.

By preparing the skin with clinical skincare prior to surgery, you are more likely to heal faster and more optimally, while undergoing a more comfortable experience. For these reasons, providing skincare prior to all procedures is a standard part of our patient's surgical journey.

**(02) 9387 2110**

**Bondi Junction**  
Westfield Tower 2 1305,  
101 Grafton Street

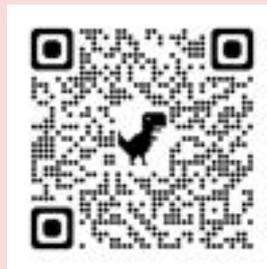
**Bella Vista**  
Suite 212, Level 2,  
Q Central, 10 Norbrik Drive



# EYELID PROTOCOL

- 4 WEEKS BEFORE** Consult Dermal Clinician  
Radio Frequency Tightening  
Healite Treatment  
Commence skin prep kit with sunscreen
- 1 WEEK BEFORE** Healite treatment
- POST WEEK 1 -6** Healite and PEMF treatments  
Practice MLD (see link below)  
Post surgery skin kit with sunscreen (avoid surgical wounds)  
  
Commence scar therapy when cleared by Dr Somia
- POST WEEK 6** Review with Dermal Clinician to optimise skin health

MLD VIDEO - Scan QR code  
[naveensomia.com.au/mld](https://naveensomia.com.au/mld)  
for instructions  
(pw 212Winterforest)



# TREATMENT MODALITIES

## HEALITE

Low-level light therapy to accelerate cellular repair, skin healing and recovery times. Can be used after treatment to reduce erythema and edema by up to 50%. Treatments take 20 mins and feel very relaxing like lying in the sun without the risk of skin cancer. There are no risks/complications (with the exception of patients who experience claustrophobia or problems with flashing lights).

## PEMF

Alternating or pulsed electromagnetic fields (PEMF) induce very small electric currents to enhance tissue healing. The magnetic field passes through the skin to underlying tissue relaxing capillary walls and boosting blood flow to the painful area. Muscle spasms that underlie pain are reduced by interfering with muscle contractions and electrochemical reactions within nerve cells, impeding their ability to transmit pain messages to the brain.

## RADIO FREQUENCY TIGHTENING

Radiofrequency waves give off heat that prompts your skin to produce more collagen and elastin. The treatment speeds up cell turnover, so the skin gets firmer and thicker over time. The process can take approximately 30 minutes, depending on how much skin you are having treated. The treatment will leave you with minimal discomfort.



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Surgery recovery programs designed with the intention of improving patient care, reducing the negative impacts that surgery has on the skin, and reducing the risk of associated adverse effects (such as scarring, inflammation, and pigmentation). All surgical procedures are performed by Specialist Plastic Surgeon, Dr Naveen Somia (MBBS PhD, FRACS - APHRA Reg: MED 0001189889). For full information on Dr Somia's qualifications and risk/recovery information on procedures please visit the procedure page on [naveensomia.com.au](http://naveensomia.com.au). All surgery carries risks. Information provided is general only. Outcomes experienced by one person do not necessarily reflect the outcomes of others given factors such as genetics, diet and exercise.