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COSMETIC TREATMENTS

9 Eye Creams Plastic Surgeons Recommend Using After Eyelid Surgery

From sunscreen to retinol.

By Brittany Burhop Fallon, Beauty Director · Feb 8, 2023



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Blepharoplasty, aka eyelid surgery, consistently ranks among the top five plastic surgery procedures each year. Though it used to be reserved for the over-50 set, the Zoom Boom resulted in patients younger and younger requesting eyelid rejuvenation after staring at themselves on camera all day. The relatively quick procedure can correct everything from upper eyelid hooding to under-eye bags, and the scars are hidden in the lash line or the crease of the lid, leaving them virtually invisible once healed.

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Like most other cosmetic procedures, at-home skin-care maintenance is critical for an optimal outcome. These are the post-procedure eye creams and sunscreens to use after eyelid surgery, as recommended by plastic surgeons.

EltaMD UV Physical Broad-Spectrum SPF 41 (\$41)

“In the immediate post-procedure period, we recommend a medical-grade sunblock such as EltaMD,” says Woodbury, NY oculoplastic surgeon **Q David Schlessinger, MD**. “If a bruised or lasered area is exposed to sun, the patient can develop post-inflammatory hyperpigmentation, which is why sunblock is so important.”

