

Information for patients

Eyelid Traction

Eyelid traction describes a simple manoeuvre designed to stretch or maintain your eyelid position.

Your surgeon will tell you if and when it is appropriate to apply traction to your eyelid(s) following surgery but this is usually about 7 days following your operation.

If your eyelid(s) look to be too high or asymmetrical [when viewed looking straight ahead in a mirror] then eyelid traction should be performed **3 - 5 times a day** as described below to the high eyelid(s):

1. Close your eyes
2. Firmly grasp your eyelashes between a finger and thumb
3. Without letting go, hold your eyelashes down whilst you open your eyes and look up
4. Maintain traction for 15-30 seconds then release your lashes
5. Repeat 3-5 times a day and titrate as required against the effect