

Eyelid Surgery

Blepharoplasty — Your Friendly Guide to Refreshed, Wide-Awake Eyes

Your friendly, plain-English guide to what to expect — from start to finish.

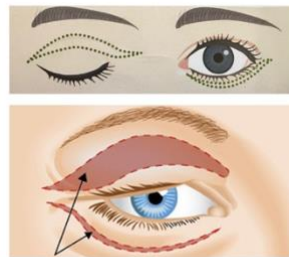
What is Eyelid Surgery?

Eyelid surgery (blepharoplasty) is one of the most popular and rewarding facial procedures we help clients access in India. It corrects excess skin, fat and tissue in the upper and/or lower eyelids — the things that make you look tired, sad or older than you feel.

Your eyes are the most expressive feature of your face. When they are obscured by heavy, drooping upper lids or weighed down by under-eye bags, they stop reflecting how you actually feel. Eyelid surgery fixes that — often with a surprisingly short recovery and remarkably natural results.

Before & After — What Changes

Photo on left is C/O Jackie Brown post lower blepharoplasty surgery. Illustrations on right are for guidance only. Individual results vary.



Illustrations showing the tissue removed for upper and lower blepharoplasty.

What Can Eyelid Surgery Improve?

✓	Loose or sagging skin that creates folds or hides the natural upper eyelid crease
✓	Excess upper eyelid skin that hangs down and may even partially obstruct vision
✓	Excess fatty deposits causing puffiness or heaviness in the upper eyelids
✓	Bags under the eyes
✓	Drooping lower eyelids showing white below the iris
✓	Fine wrinkles and excess skin of the lower eyelid

Eyelid surgery is sometimes performed alongside a brow lift or facelift for a more complete facial rejuvenation. These procedures can often be performed in the same surgical session.

Important Medical Conditions to Disclose

Please make sure you tell your surgeon if you have any of the following, as they affect both risk and surgical approach:

!	Eye diseases such as glaucoma, dry eye or detached retina
!	Thyroid disorders including Graves' disease or over/underactive thyroid
!	Cardiovascular disease, high blood pressure, circulatory disorders or diabetes

Please ensure all personal medications are fully disclosed to your surgeon on your medical assessment form, and that all medications are handed to the nursing station on the day of your procedure. Please note that blood thinning medications — including certain vitamins and supplements such as fish oil, vitamin E, garlic, and aspirin — must be ceased at least two weeks prior to surgery, as directed by your surgical team.

How the Surgery Works — Step by Step

1

Anaesthesia

Eyelid surgery is performed under general anaesthesia or local anaesthesia with sedation — whichever is appropriate for your specific procedure.

2

Upper eyelid correction

An incision is made within the natural crease of the upper eyelid — completely hidden once healed. Through this, excess skin is removed, fat is repositioned, and the underlying muscles are tightened.

3

Lower eyelid correction

Lower eyelid bags are most often addressed through a transconjunctival incision — hidden inside the lower eyelid with no external scar at all. Alternatively a fine incision just below the lower lash line allows removal of excess skin.

4

Incisions closed

Sutures close the incisions — which are virtually invisible within the natural eye structures once healed.

5

You wake up comfortable

Lubricating ointment and cold compresses are applied. Your eyes may be loosely covered. You will be looked after until you are ready to be released.

Recovery Timeline

Timeline	What to Expect
Days 1–3	Swelling, bruising and some dryness or irritation around the eyes — very normal. Keep your head elevated and use cold compresses as instructed.
Days 5–10	Sutures removed if necessary. Most bruising settles. Cosmetics can cover remaining discolouration. Many people return to work at this stage.
Weeks 2–4	Continue to avoid sun exposure without sunglasses. Swelling continues to resolve. Contact lens wearers can usually resume wearing them.
Months 1–12+	Final results become clear. Incision lines fade. Sun protection and good-quality sunglasses are essential ongoing habits.



Sunglasses are essential

Wear good-quality dark sunglasses whenever you are outside throughout your recovery. They protect the healing skin from UV damage and reduce wind and light irritation. Make them part of your daily routine permanently — they'll protect your results long-term.

Risks

!	Poor healing or infection at the incision site
!	Temporarily blurred or impaired vision
!	Dry eye — usually temporary
!	Difficulty closing eyes fully — usually temporary
!	Ectropion — pulling down of the lower eyelid (rare and often temporary)
!	Anaesthesia-related risks

Cost Comparison — India vs New Zealand

Cost Item	India (NZD approx.)	NZ (approx.)
Upper eyelid surgery (both eyes)	~ \$2,100 – \$2,500	~ \$4,000 – \$8,000
Lower eyelid surgery (both eyes)	~ \$2,100 – \$2,500	~ \$5,000 – \$9,000
Upper & lower combined	~ \$3,100 – \$4,500	~ \$8,000 – \$15,000
Pre-op tests & consultation	Included	~ \$300 – \$700

Please note: GST of 18% is applicable on all cosmetic surgery procedures performed in India and will be added to your surgical quote by the hospital.

All surgical costs paid directly to the hospital. JBTG logistics fees, airfares and accommodation quoted separately.

About JBTG Limited's Role

JBTG Limited (Bums, Tums & Gums) is your logistics organiser and tour escort — not a medical professional. Your surgical contract, all clinical decisions, and your medical records are between you and the hospital directly. Our job is to get you there safely, support you throughout, and bring you home.

Ready to Find Out More?

Getting started is simpler than you might think:

1

Get in touch

Call or email us for a no-obligation chat. Tell us a bit about what you're hoping to have done.

2

We connect you with our India brokers

Our trusted on-the-ground medical brokers identify the right surgeon and hospital for your specific needs.

3

You receive a personalised quote

The surgical team provides a detailed quote once your information has been reviewed.

4

We arrange everything

Flights, hotel, all transfers, and your full logistics package — all taken care of.

5

We travel with you

You're not going alone. Your JBTG escort accompanies you throughout the entire trip.

Insurance — What You Need to Know

Travel insurance is highly recommended for anyone travelling to India for surgery. Standard New Zealand travel insurance policies will not cover elective procedures — so it's important to arrange specialist medical travel cover before you go. We work with Global Protective Solutions, who offer insurance specifically designed for medical tourists. Their policy covers the procedure itself and any complications for up to six months after your procedure date, including care back home in New Zealand. Please note that this is not a standard travel insurance policy — it does not cover the other elements of your trip such as flights, luggage, or cancellations.

You can enroll directly through our dedicated link at www.globalprotectivesolutions.com/enroll/bumstumsgums. A visa is also required to enter India, and while we cannot apply on your behalf, we will guide you through the process and make sure you have everything you need well in advance of travel