

# Common Eyelid Problems



The Ophthalmology service offers the latest and most comprehensive eye care for patients. With a dedicated team of eye surgeons and consultants, we treat vision problems ranging from age-related macular degeneration, cataracts, corneal disease, diabetic retinopathy, glaucoma as well as other conditions affecting the eye.

## Common eyelid problems

Eyelids protect the eyes from dust and dirt. They keep the eyes covered during sleep and protect them by voluntary and involuntary blinking when the body senses the eyes are threatened. They also prevent the eyes from drying by distributing tears over the eye surface.

Common conditions of the eyelids include ptosis, entropion, ectropion, epiblepharon and “lumps and bumps”.

## Ptosis or droopy eyelids

With ptosis, the upper eyelid is in an abnormally low position dropping over the eye. The most common causes of this are age-related due to injuries to the eye or prolonged use of contact lenses. If your eyelids block your vision significantly, surgery is recommended to correct the condition. This is the most effective solution for ptosis.

Ptosis can also be a condition you are born with. It should be treated early to avoid the development of visual problems such as permanent “lazy eye” (amblyopia) or astigmatism later in life.

## Dermatochalasis or baggy eyes

Baggy eyes occur with age and can affect both the upper and lower eyelids. As the area around the eye ages, tissues stretch and lose their elasticity, causing them to become ‘baggy’.

The bagginess around the eyes can be reduced by a simple day surgery known as blepharoplasty. This will improve both the function and appearance of the eyelids.

Your eye surgeon will assess your eyelids and determine whether your condition affects the function of your eye. Otherwise, a cosmetic procedure is usually enough.

## Entropion

Entropion is a condition where the eyelid turns inwards, causing the eyelashes to rub against the cornea. This is most often seen as an age-related change, although it can also be the result of eyelid scarring caused by infections or burns.

The eyelid structures become stretched and weakened. Entropion irritates the eye, making it itchy, sore and teary. If left untreated, it can lead to infections of the cornea and irreversible scarring.

You can correct both upper and lower lid entropion conditions by tightening the eyelid with various surgical procedures.



## Ectropion

Usually affecting the lower lids, ectropion is the reverse of entropion. Here, the eyelid margin turns outwards, preventing the eye from closing properly. Ectropion is commonly associated with a stroke or a weakness of the facial nerve such as Bell's palsy, although it can also be the result of ageing. Similar to entropion, this condition can cause irritation, redness and tearing, but can be corrected with surgery.

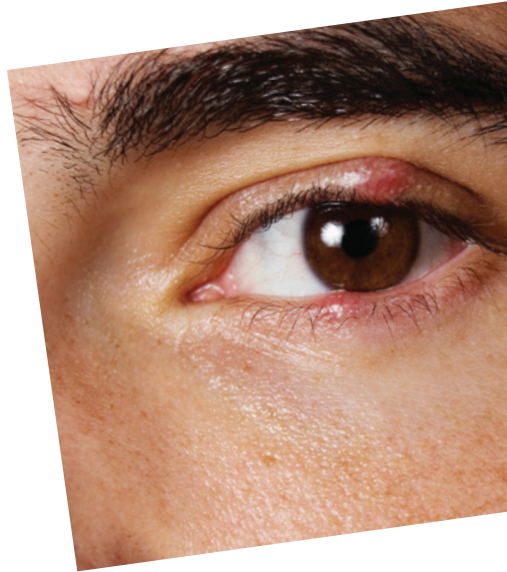
## Epiblepharon

Often affecting children and young adults of East Asian origin (Chinese, Japanese and Koreans), epiblepharon causes the lower and sometimes upper eyelashes to push inwards, irritating the cornea and causing tearing, redness and itching. With the help of lubrication, epiblepharon sometimes resolves by itself, but surgery is advised if symptoms are unbearable.

## “Lumps and bumps”

These are common features and can either be benign or malignant tumours.

Frequent lumps and bumps include stytes, cysts and moles which can be easily treated. For the elderly, a sudden appearance or progression of an existing lump should be examined to rule out any possible indication of malignant cancer.



## Eyelid surgery

Most of these conditions can be treated successfully by a minor eye surgery. Performed as a day surgery, they do not require hospitalisation. It is common to experience mild inflammation and discomfort lasting a few days after your operation. This can be managed by gently cleansing the area once a day and applying an antibiotic ointment two to three times a day.

Most patients can return to work within one to two weeks, and stitches are normally removed five to seven days after surgery.

## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

[www.ntfgh.com.sg](http://www.ntfgh.com.sg) | [www.jch.com.sg](http://www.jch.com.sg)

### Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only\*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

\*Please refer to our websites for more details.

### General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)

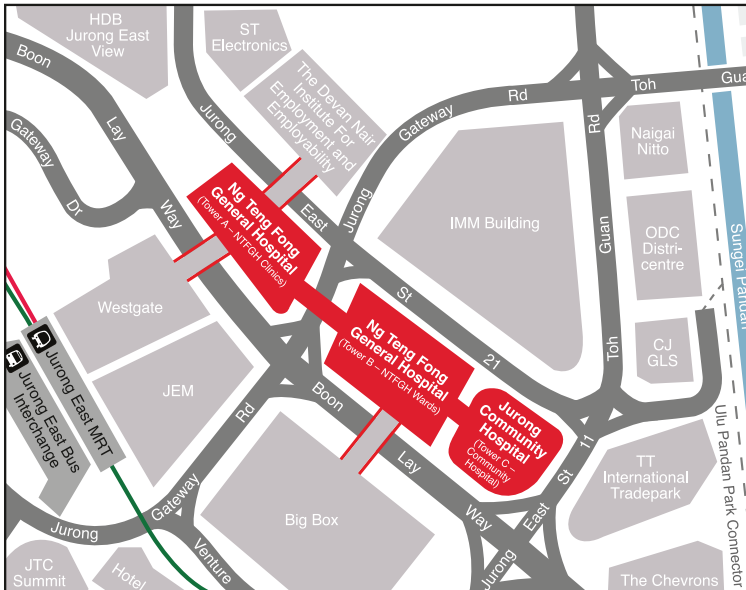
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: [JHCampus\\_Dental@nuhs.edu.sg](mailto:JHCampus_Dental@nuhs.edu.sg)

## Getting there



### By train

Alight at Jurong East MRT Station

### By bus

#### Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

#### Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

### Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.