



Eye Associates Northwest, PC

LipiFlow: Post-treatment Instructions

Congratulations on completing your LipiFlow treatment!

Today, you may experience mild irritation or discomfort. These symptoms should improve by tomorrow.

Beginning today, please resume your dry eye treatment program which may include:

1. Hot compresses and massage of the lower and upper eyelids of both eyes: once or twice daily
2. Fish oil supplements: once daily
3. Artificial tear drops or ointment: both eyes, as needed during the day and at bed time

Please consider the following adjunctive therapeutic measures:

1. Avoid exposure to blowing air from ceiling or floor fans, heaters, or air conditioners
2. Reduce exposure to outdoor blowing wind by using spectacles or sunglasses
3. Use of a home humidifier, especially in the bedroom or family room
4. Use of sleep goggles or mask, especially if you have sleep apnea

We will see you back for a follow up appointment in six weeks.

For any questions or concerns, please call (206) 215-2020 and ask to be connected with Dr. Copperman's team.

Thomas S. Copperman, MD



Eye Associates Northwest, PC

Chalazion Post-Op Instructions

Beginning today:

- Apply a warm compress to the affected eyelid four times a day for at least a week. By doing this you will promote drainage of the gland and help prevent future occurrences of a chalazion.
- Lightly massage the affected eyelid after the warm compress to promote comfort and continued drainage of the glands.
- Apply eye ointment twice a day for one week, on to the affected area and into the eye – this can cause blurred vision, do not be alarmed, this is expected.

Frequently Asked Questions:

- Q. Will my eyelid swell? How long should I expect for the swelling to subside?
- You may notice some swelling/bruising in the area. The swelling/bruising will subside in roughly 1 to 2 weeks.
- Q. Are bloody tinged tears normal?
- You may notice some bloody tinged tears for the next 24-48 hours. This is common and nothing to be alarmed about.
- Q. My eyelid is droopy/lower than normal.
- A droopy eyelid following this procedure is common and again nothing to be alarmed about. The eyelid will return to normal within the next day or two.
- Q. Can I shower after the procedure?
- Yes, it is ok to resume personal hygiene including showering after the procedure.
- Q. Can I resume my eyelid scrub/makeup routine?
- You may resume lid scrubs/makeup the next day.
- Q. I am experiencing eye irritation.
- You may use artificial tears as needed for eye irritation.

When to call:

Call us at 206-215-2020, if you are experiencing a significant amount of blood or severe pain.

Thomas S. Copperman, MD



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Lesion Post-Op Instructions

Beginning today:

- Apply eye ointment twice a day for one week, onto the affected incision site.

Frequently Asked Questions:

Q. There is a scab where the incision was made. Is this normal?

- Scabbing at the area site is normal. It is just a sign that everything is healing as it should. The scab will fall off on its own, please refrain from scratching or picking at it.

Q. Is it ok to shower after the procedure?

- You may resume personal hygiene as normal.

Q. Are there any restrictions following the procedure.

- You may resume activities as normal following the procedure including physical exercise and travel. However, if you do wear makeup avoid placing it on the incision until it is properly healed.

Q. I am experiencing eye irritation.

- You may use artificial tears as needed for eye irritation.

When to call:

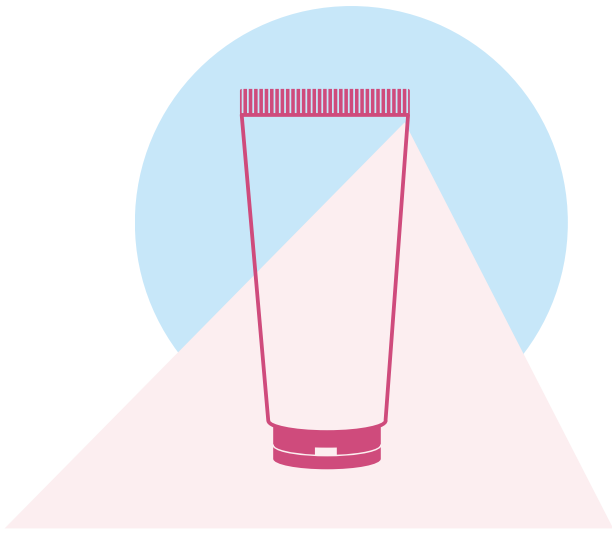
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Instructions

After Filler Care

Follow these steps to enjoying a more refreshed looking you!



Moisturize

Feel free to use a gentle moisturizing face lotion. Avoid any harsh toners or astringents for 24 hours as it may be uncomfortable at injection sites.



Icing

It is ok to ice for swelling or bruising. This works well for the temples, eyes, cheeks, and lips. Apply ice for 20 minutes of the hour as tolerated.



Cleanse

Wash your face as normal before bed. It is ok to wash away any ointment that remains from your clinic visit. You do not need additional ointment.



Make Up

You may apply your usual makeup routine the next day. Avoid applying makeup the same day as your treatment.



Enjoy!

Now you can relax and enjoy a more refreshed looking you.

Any questions call: 206-215-2020
If after hours call and ask to speak to the on call
doctor