

DISCHARGE INSTRUCTIONS FOR EYELID SURGERY

Diet: Begin with a light diet progress as tolerated. Drink plenty of fluids.

24 hours after surgery: Do not drive a car or operate hazardous machinery, do not make important decisions, do not drink alcoholic beverages, and do not take any sedatives unless specifically prescribed by your surgeon.

Activity: You may shower or bathe the rest of your body the day after surgery. You may use a damp washcloth to clean your face and lean back in the shower to wash your hair. You may gently press on the incision sites with a damp wash cloth to soften dried blood or crust. No rubbing or scrubbing eyelids. No submerging head under water. No direct spray from shower to face / eyelids. Continue this until your first follow up appointment.

Wound Care/ Dressing: Do not cover throughout the day. Leave open to air. Use sunglasses if outside. Superficial eyelid stitches MAY be removed at your follow up appointment with your doctor. Some stitches may be dissolvable and do not require removal. These can take 2-8 weeks depending on the type of suture.

Sleeping:

Sleep on 2 pillows. The elevation will reduce swelling. Wear plastic eye shield when sleeping (provided). This will prevent you from pulling open incisions overnight. Place the shield over the eye, whatever orientation is most comfortable, and tape from the middle of your forehead, across the shield, to your outside cheek.

Medications:

- ☐ Erythromycin OR Bacitracin ophthalmic ointment. Wash your hands. Apply 4 times per day directly to incision site. Apply ointment using the tube, Q-tip, or finger tips. Be aware that the ointment may cause blurry vision. Do not be alarmed. You may use Artificial Tears or the ointment inside the eyelid to soothe if needed.
- ☐ Prednisolone Acetate – instill 1 drop twice a day for one week.
- ☐ Medrol Dose Pack – Take per instructions on package
- ☐ Other: _____

Ice Compresses: Apply cold compresses for 15 minutes of the hour at a minimum of 4 times per day until your first follow up appointment. It is normal to experience intermittent oozing from incision sites the first 24-72 hours. Applying additional ointment and icing will help. You cannot over-use the ointment.

Other Medications: You may resume your regularly prescribed medications. If you take a prescribed blood thinner such as Coumadin or Plavix, you should resume this medication the day after surgery.

Use Tylenol or _____ every 6 hours for discomfort. Do **NOT** take aspirin, ibuprofen, Aleve, or any other NSAIDS for 1 week after surgery.

Questions: Please call 206-215-2020 and ask for a message to be sent to Dr. Coppermans team. If you experience excessive bleeding (soaking a washcloth or more), pain, or decreased vision - call and ask to be connected to the on-call physician. Please do not contact surgery schedulers for surgery aftercare questions.

Your follow up appointment is scheduled for: _____

- ☐ 1455 NW Leary Way #300 Seattle, WA 98107 1101 Madison St #600 Seattle, WA 98104
- ☐ 11919 NE 128th ST #A Kirkland, WA 98034

In case of emergency, contact your physician immediately, call 911 or go to the nearest emergency room.