



# Eye Associates Northwest, PC

## LipiFlow: Post-treatment Instructions

Congratulations on your just completed LipiFlow treatment!

Today, you may experience mild eye redness, irritation, or discomfort. These symptoms may persist for one to three days. In the unlikely event that discomfort worsens or becomes painful, please contact Eye Associates NW at 206-215-2020.

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 bedtime

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
5. Blink exercises, if recommended by your treating ophthalmologist

On the day of your follow-up appointment:

1. Do NOT apply hot compresses to either eye
2. Do NOT massage or rub either eye
3. Do NOT place any drops or lubricants in either eye
4. Do NOT apply eye creams, facial creams, or sunscreen to your face
5. You do NOT need a driver for this visit

Thomas S. Copperman, MD



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## 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



# Eye Associates Northwest, PC

## 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:

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

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## **DISCHARGE INSTRUCTIONS FOR EYELID SURGERY**

Emergency Number **206-215-2020**, 24 hours

**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:** Keep the head of the bed elevated for 1 week.

You may shower or bathe the day after surgery and/or after the dressing is removed. The eyelids may get wet.

Avoid direct spray from the shower onto your face and pat dry with a towel. Do **NOT** scrub wounds. You may resume normal activity 7 days after surgery. You may return to work as directed by your surgeon.

### **Wound Care/ Dressing:**

Wear the metal or plastic shield over the repair during naps or nighttime sleep for 1 week.

Superficial eyelid stitches will be removed at your follow up appointment with your doctor. Some stitches may be dissolvable and do not require removal.

### **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 the eyes if needed.

☐ Other: \_\_\_\_\_

**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 3 days after surgery.

**Ice Compresses:** Apply cold compresses for 15 minutes of the hour at a minimum of 3 times per day for 48-72 hours as tolerated for comfort and swelling. After 72 hours warm compresses may be applied for comfort.

**If you have any unusual bleeding, swelling, or uncontrolled pain, during office hours call 206-215-2020.**

Your follow up appointment is scheduled for: \_\_\_\_\_

☐ 1455 NW Leary Way #300 Seattle, WA 98107 ☐ 1101 Madison St #600 Seattle, WA 98104

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## **1 WEEK POST OP INSTRUCTIONS FOR EYELID SURGERY**

Emergency Number **206-215-2020**, 24 hours

### **Activity:**

- You may resume normal activity. Gradually introduce activity as tolerated. Depending on your surgery you may need more time.
- It is ok to lay flat
- It is ok to shower and let the water run over your face
- No swimming for 2 weeks after your surgery date
- It is ok to resume contact lenses in 1 week

### **Wound Care/ Dressing:**

- Stop using the plastic eye shields

### **Medications:**

- Decrease antibiotic ointment to 2x day to incision sites for 1 more week then stop. No need to put in the eye.

### **Compresses:**

- You are welcome to continue cold or hot compresses as needed for comfort although not required

**If you have any unusual bleeding, swelling, or uncontrolled pain, during office hours call 206-215-2020.**

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## Punctoplasty With Stent Post-Op Instructions

Beginning today:

- Apply eye drops twice a day for two weeks, into the affected eye.

Frequently Asked Questions:

- R. Is it ok to shower after the procedure?
  - You may resume personal hygiene as normal.
- R. Are there any restrictions following the procedure.
  - You may resume activities as normal following the procedure including physical exercise and travel.
- R. I am experiencing eye irritation.
  - You may use artificial tears as needed for eye irritation.

If the stent falls out it is okay, there is no need to worry. Continue with the directions described above and follow up as discussed during your visit.

When to call:

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

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