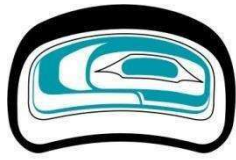




INSTRUCTIONS FOR DAY OF SURGERY, PRIOR TO YOUR ARRIVAL

NO FOOD 8 hours prior to your arrival. Small sips of WATER are okay to take with medication until three hours prior to your arrival.

- You **MUST** arrive by your check in time or you take the risk of being cancelled.
- You **MUST** have a driver for your surgery. Even if you take Uber/Lyft/taxi or plan to walk home, you must be accompanied by another adult. Please be prepared to provide your driver's phone number to the surgery center when you check in. We will contact your driver when you are ready to be picked up, driver must be on-site/nearby.
- ALL REGULAR MEDICATIONS can be taken as normal on your day of surgery with a small sip of water.
- DIABETIC PATIENTS TAKING ORAL PILLS: Please do not take your pills morning of surgery. You will resume your pills after surgery.
- DIABETIC PATIENTS TAKING INSULIN: Please take only half of your regular insulin dose at bedtime the night before your surgery. No insulin on day of surgery.
- DIABETIC PATIENTS ON INSULIN PUMPS: Please do not make any changes to your regimen.
- Wear short-sleeve, comfortable clothing. You will not need to remove your clothes. A locker will be provided.
- Do not wear contact lenses, jewelry, makeup, perfume, or bring any valuables to your surgery.
- If you plan to travel after your surgery, travel is not recommended until post-op day 2.
- If you need to contact the surgery center on day of surgery, please call Surgery Center Front Desk line: **206-342-6056**



2 WEEKS BEFORE SURGERY

1. **Stop** over the counter **NSAID** and **aspirin** containing medications such as **Ibuprofen, Alleve, Advil, and Excedrin** (unless prescribed by your doctor) as they increase bleeding complications.
2. **Tylenol is OK** to take prior to or after your procedure
3. Herbal supplements such as garlic, ginko, ginger, ginseng, green tea and vitamin E are also associated with increased bleeding risk, please discontinue. It is ok to eat foods containing these ingredients
4. Tell your doctor if you have a known bleeding disorder or had complications related to bleeding during prior procedures

1 WEEK BEFORE SURGERY

1. If you take prescription blood thinners such as **Plavix, Clopidogrel, Warfarin, Coumadin, Xeralto, Eliquis, Epixiban, Pradaxa, or any other prescription blood thinner** these increase your risk of bleeding and need to be stopped under supervision of your cardiologist / primary care. **IF YOU TAKE ANY OF THESE MEDICATIONS AND DO NOT HAVE INSTRUCTIONS ON HOW TO STOP PLEASE CALL OUR OFFICE ASAP.**
2. Refrain from / limit alcohol intake 1 week prior to your procedure as this can increase complications related to bleeding and bruising

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.