



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



Pre-Surgery/Procedure Diet Instructions

Unless instructed otherwise by your doctor, you **must** follow these diet instructions before your surgery/procedure.

IMPORTANT

8

**hours
before
arrival
time**

STOP eating solid food or drinking liquids that you cannot see through

NO FOOD

NO MILK

NO DAIRY PRODUCTS

NO CREAM IN COFFEE

NO CHEWING GUM

NO LOZENGES

NO ALCOHOL

You may drink clear liquids. **EXAMPLES:** Water, Apple juice without pulp, clear tea or BLACK coffee

3

**hours
before
arrival
time**

STOP taking anything by mouth, except for medications, as directed by your doctor.

You may take, **with a small sip of water**, your usual morning medications.

Day of Surgery

- You must have **one** person to accompany and drive you home after surgery and to take you to your first postoperative appointment
- **Wear loose-fitting, comfortable clothing.** You will not need to remove your clothes, but the doctor will want to monitor your blood pressure during the procedure.
- Do not wear **contact lenses**. Do not wear **jewelry, makeup, perfume, or nail polish.**

If You Have Diabetes

Unless instructed otherwise by your doctor or surgery scheduler, please follow the guidelines below for taking diabetes medications.

For Surgeries scheduled before 12:00 noon

- Take your oral diabetic medications as usual
- Do **NOT** use insulin

For Surgeries scheduled after 12:00 noon

- Take your oral diabetic medications as usual
- If you use insulin, please consult with your diabetic doctor (Endocrinologist) for specific instructions on how to use your insulin on the day of surgery.

If you have an Insulin Pump

- Regardless of what time surgery is scheduled, please consult with your diabetic doctor (Endocrinologist) for specific instructions on how to use your insulin/pump on the day of surgery.



Eye Associates Northwest, PC

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: _____

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