

**THOMAS S. COPPERMAN, MD**  
Eye Associates Northwest Surgery Center  
1455 NW Leary Way, Suite 300, Seattle, WA 98107  
**EMERGENCY NUMBER 206-215-2020, 24 HOURS**

**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.

**Showering:** Keep surgical area dry. You may shower 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. Keep incision sites dry until your first follow up appointment.

**Activity:** You may resume normal activity after your first follow up appointment. No swimming for 2 weeks.

**Ice Compresses:** Apply cold compresses for 15 minutes of the hour at a minimum of 4 times per day. This will reduce bruising and swelling. Continue until your first follow up appointment.

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

**Sleeping:** Sleep on 2 pillows or a wedge. The elevation will reduce swelling. Wear plastic eye shield over incision site. This will prevent you from pulling open incisions overnight. Continue until your first follow up appointment.

**Medications:**

- ☐ Erythromycin or Bacitracin ophthalmic ointment. Apply 4 times per day directly to incision site. Be aware the ointment may cause blurry vision. 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.

**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.

**Questions?: Please email: or call 206-215-2020 and ask for a message to be sent to Dr. Coppermans clinical team.** Please do not contact surgery schedulers for aftercare questions.

**If you experience any unusual bleeding or decreased vision call and ask to be connected to the on call physician.**

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

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

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