



## 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.

**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.*