



# 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: \_\_\_\_\_

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

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