



THE INSTITUTE FOR
ADVANCED BREAST RECONSTRUCTION

POST-OPERATIVE INSTRUCTIONS *following* Upper Lid Blepharoplasty

Follow these guidelines to care for yourself after your surgery.

- Wear dark sunglasses during your trip home. You may be sensitive to light. • The ointment used during your surgery may make your vision blurry. This is temporary and usually goes away within 24 hours.
- Don't wear contact lenses until at least 2 weeks after your surgery. You can wear eyeglasses. • Do not drive until you have stopped taking pain medication and no longer have blurry vision. Make sure that you can safely and comfortably drive a car. This is usually about 5 to 10 days after surgery.
- It's important to get quiet, peaceful rest during the first 3 to 4 days after your surgery. To do this:
 - Avoid activities such as heavy lifting and exercise.
 - Let your healthcare provider know if you're having nausea (feeling like you're going to throw up) or cold symptoms. It's important for you to avoid sneezing, coughing, and vomiting (throwing up), as much as you can. These can raise your blood pressure and cause bleeding at your surgical sites.
 - Avoid bending at the waist or lifting items heavier than 5 pounds (2.3 kilograms) for 4 to 6 weeks after your surgery. Talk with your surgeon before going back to your usual activities, such as lifting and exercise.
- Rest and sleep with your head raised on 2 to 3 pillows for 2 weeks or as directed by your surgeon. This will help prevent swelling at your surgical sites.
- Your eyes may look swollen and bruised after your surgery. The eyelid swelling is usually worse early in the morning and will get better during the day as you sit or walk around.

COLD COMPRESSES AND EYE DROP

Follow these steps to use the cold compress after your surgery:

1. Wash your hands for at least 20 seconds before you use the cold compresses and eye drops.
2. Make a cold compress by applying the sterile saline solution to a sterile gauze pad. You can keep the bottle of normal saline in the refrigerator, freezer, or on ice.
3. Apply the cold compress to your eyelids every 10 to 15 minutes (on for 10 to 15 minutes, then off for 10 to 15 minutes) for the first 24 hours after your surgery. Try to do this as much as

possible while you're awake. After 24 hours, cold compresses aren't as effective.

Use the sterile saline eye drops if your vision is blurry or if your healthcare provider has prescribed you an eye ointment. Apply the eye drops every 4 hours to the inner part of your eye. Don't pull on your eyelids while using the eye drops.

SHOWERING AND APPLYING MAKEUP

- You can take showers from the neck down any time after your surgery. Don't take full showers until your surgeon tells you it's safe to do so. This is usually 5 days after surgery. You may gently wash below your eyes with wipes or a soft washcloth. You can use dry shampoo for your hair. Once you can take full showers, you can wash your eyelids and shampoo your hair with mild products, such as baby shampoo.
- Don't apply creams or makeup (such as eye shadow, eyeliner, or mascara) to your surgical sites for 2 weeks after your surgery. You can use creams and makeup on the rest of your face.

INCISION CARE

- Take a clean q tip and dip it in Vaseline. Gently apply to the incision twice a day. • No additional care is required. Some bruising at the incision is normal. Puffiness of the eyelid is a sign of swelling, and will improve over the first two weeks.
- Significant swelling or bruising that prevents you from being able to open your eye should be reported to the doctor immediately
- Any changes in vision should be reported to the doctor immediately

FOLLOW UP

Your sutures (stitches) will be removed at an appointment between 2 and 7 days after your surgery. If you do not have an appointment in this time frame to see Dr. Srinivasa in person, please call the office to schedule.

PAIN MEDICATION:

- Use the prescribed narcotic pain medication as directed on the bottle. If no narcotics were prescribed, Tylenol and Ibuprofen can be used.
- If the pain is not severe, you should instead take plain Tylenol (if not contraindicated by other medical conditions).
- If you were prescribed Norco (Hydrocodone-Acetaminophen) or Percocet (Oxycodone Acetaminophen), make sure to monitor the total amount of Acetaminophen (Tylenol) within 24 hour period. DO NOT exceed total of 4000mg of Acetaminophen (Tylenol) in 24 hours, which will cause damage to your liver health. Of note, each tablet of Norco and Percocet include 325mg of Acetaminophen (Tylenol).
- Taper off the narcotic pain medication as the pain decreases
- It is normal to feel pain and stiffness during the first 1-2 weeks after surgery, but after this point your pain should continue to improve each day.
- If a muscle relaxant was prescribed, use this intermittently between pain medication doses to help with tightness and muscle spasm

OTHER MEDICATION:

- Stool softener: If you experience constipation as a common side effect of taking narcotic pain medication, try over-the-counter stool softeners such as Colace, Miralax or Dulcolax at your preferred local drugstore.

ACTIVITY RESTRICTIONS:

- DO NOT sleep on surgical sites or place undue pressure or shearing on the incision
- No strenuous activity/exercise or lifting more than 5 pounds for total of 6 weeks post-op.
- Avoid unnecessary bending or twisting at the waist.
- Avoid bending over as this can increase swelling and bruising
- Do not resume house work or aerobic exercise until instructed to do so.
- Walking is a healthy form of exercise and is encouraged – Try to walk a little at least 3x daily.

DIET:

- Resume normal diet

BATHING/SHOWERING:

- OK to shower from the neck down
- Do NOT get the surgical incision wet until Dr. Srinivasa tells you it is ok to do so

FOLLOW-UP:

- You should have a follow up appointment arranged and reflected on your Kareo patient portal. If you can't locate one, please call our office to schedule an appointment for post-op check.

The Institute For Advanced Breast Reconstruction Locations:

#818-336-1295 Fax #818-337-1285

Thousand Oaks Office Location:

415 Rolling Oaks Drive, Thousand Oaks, CA 91356

(Suite 220, 2rd Floor)

Parking outside, free.

Santa Monica Office Location:

1260 15th Street, Santa Monica, CA 90404

(Suite 1109, 11th floor)

Attached garage, parking fees apply.

Please call the office (818-336-1295) if you have any of the following symptoms: ○ Fever higher than 101° F

- Sudden and rapid swelling at the surgical site
- Bleeding you believe to be excessive
- Persistent nausea/vomiting or inability to keep fluids down
- Pain not controlled by prescribed medications
- A foul odor or increasing redness/swelling/drainage at your incision
- If you have any questions or concerns

Dr. Srinivasa is available by email for all non-urgent questions or concerns. Her email address is IABRconcierge@gmail.com. Urgent issues after hours can be called in to (818)927-0267