



THE INSTITUTE FOR
ADVANCED BREAST RECONSTRUCTION

Thank you for confirming surgery with the Institute for Advanced Breast Reconstruction.

**Your surgery is at The Thousand Oaks Surgical Hospital. Located at 401 Rolling Oaks Drive
Thousand Oaks, Ca. 91363.**

Please advise -The hospital does require you to arrive 2 hours prior to surgery start time

If you have any questions regarding your surgery check in and to schedule your COVID 19 test, please contact them at **805-418-1355**. TOSH typically calls you within a week of your surgery date to schedule your PCR COVID test and to go over pre-operative information. If you are unable to schedule a COVID 19 test at TOSH, please call them to let them know. They do require a nasopharyngeal PCR test taken 5 days within your surgery date and you must bring a **hard copy** with a negative test result to the hospital on the day of your surgery

If you haven't done so already, please make an appointment with your PCP for a pre op clearance appointment prior to your surgery. This appointment should be scheduled within a month of your surgery date. Please advise that some test results take 24 hours to receive results back.

- Please do not eat or drink anything after midnight.
- If you are an **implant** patient you will be prescribed Mupirocen ointment twice daily to your nose 3 days prior to surgery.
- TOSH recommends using Hibiclens soap 5 days prior to surgery.. It is a chlorhexidine based soap readily available at all pharmacies.
- A surgical bra and abdominal binder will be provided (if necessary) by the hospital. If you are having additional cosmetic procedures, Dr. Srinivasa would have told you to bring compression garments. If instructed to do so, please bring this item with you to the surgery center. For patients having fat grafting procedures, Dr. Srinivasa recommends this compression garment https://www.amazon.com/Sonryse-Compression-Liposuction-Colombianas-Moldeadoras/dp/B07FWSFN67?ref=ast_sto_dp&th=1&pvc=1
- Make sure you have someone who can drive you home from surgery for any outpatient surgery.

Your post-operative instructions are emailed to you.

Your post-operative medications will be called into your pharmacy prior to surgery if you are having outpatient surgery. For an inpatient stay, your doctor will prescribe your medications at the time of discharge. You will receive a narcotic pain medicine and a muscle relaxant. Please also pick up a stool softener (colace and senna recommended). If you have an expander or implant, please also take the prescribed antibiotics.

If you have any questions, feel free to email back to this address or call the office at 818.336.1295. Your post-operative appointments will be emailed to you.

Additional information about surgery, photos, and educational videos can be found on Dr. Srinivasa's instagram page, [@drdhivya](#) and Dr. Srinivasa's website, [Theiabr.com](#) Please reach out if we can be of assistance in any way.