



Upper Lid Blepharoplasty Post-Operative Instructions

Please follow these guidelines to care for yourself after 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. However, 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.
- Avoid activities such as heavy 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.
- Avoid bending at the waist or lifting items heavier than 5 pounds (2.3 kilograms) for up to 4-6 weeks after your surgery.
- Talk with your surgeon before going back to your usual activities, such as lifting and exercise.

Please contact Dr. Srinivasa 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.

COLD COMPRESS & EYE DROPS:

Cold Compress:

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.

Eye Drops: 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. **DO NOT** 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.
- Once you can take full showers, you can wash your eyelids and shampoo your hair with mild products, such as baby shampoo.
- **DO NOT** 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**.

DIET:

- Resume your normal diet

PAIN MEDICATION:

- Use the prescribed narcotic pain medication as directed on the bottle.
 - If the pain is not severe, you should instead take plain Tylenol or Motrin (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 a 24 hour period.
 - DO NOT exceed a total of 4000 mg of Acetaminophen (Tylenol) in 24 hours, this will cause damage to your liver health. Each tablet of Norco and Percocet includes 325mg of Acetaminophen (Tylenol).
- It is normal to feel slightly more pain and stiffness on the 2nd or 3rd day after surgery, but after this point, your pain should continue to improve each day.
- Taper off the narcotic pain medication as the pain decreases – typically starting on the 4th day after surgery
- 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, place 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 housework 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.

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 at **(818) 336-1295**.

Please call the office at (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 incisions**

The Institute For Advanced Breast Reconstruction Locations:

Phone: (818) 336-1295 Fax: (818)337-1285

Thousand Oaks Office Location:

415 Rolling Oaks Drive
Thousand Oaks, CA 91356
(Suite 220, 2nd Floor)
Parking outside, free.

Santa Monica Office Location:

1260 15th Street
Santa Monica, CA 90404
(Suite 1109, 11th floor)
Attached garage, parking fees apply

Office Contacts and Business Hours:

Business Hours: 8:00am-4:00pm (PT) Monday-Friday

- **Taylor** (Medical Assistant) - Email: iabrmedical@gmail.com
- **Mariah** (Surgery and Appointment Scheduling) - Email: iabrconciierge@gmail.com
- **Alicia** (Insurance/Payment Info) - Email: iabrclinical@gmail.com or
Direct Phone Number: **(818) 336-1159**.

Non-Urgent Contact Information:

Please contact the office by phone or any of the office contacts by email.

Urgent Contact Information (After Hours):

After hours and on weekends, in the case of urgent issues, please call **(818) 927-0267**.

- Please Note:
Dr. Srinivasa is always available on her personal cell phone, but we request that all non-emergent issues be communicated with the office first. This includes questions about garments, therapy, non-emergent surgical concerns etc. After business hours and on weekends, feel free to send us an email or leave a voicemail. If it is urgent, Dr. Srinivasa checks her email after hours and on weekends. If she does not respond in a timely manner and it is after hours or on a weekend, please reach out to her on her cell phone. The google voice number on our voicemail can also connect you to her personal cell phone.