

Post Operative Instructions

Bodied by Denk

(757)491-3535

1. The patient must not be left alone for the first 24 hours after surgery.
2. Hydration is very important after surgery. Drink 8 -10 glasses of water a day. Vitamin water or electrolyte drinks may also be beneficial. Staying hydrated will decrease nausea, pain, and swelling.
3. Use your medication as prescribed. Refer to the Pain Management instruction sheet.
4. Wear the sequential compression stockings you were provided for the first 24 hours. For the next few days, continue wearing stockings while in bed. Start calf exercises [extending your foot up, then down at the ankle 10 times] for the next 7-10 days after surgery to promote circulation.
5. During the first 24 hours after surgery, lay in bed with pillows propped up under your knees and head. After the first 24 hours, you may gradually resume light activity. Walking straight is important. Back pain will result due to walking bent over. It will also slow down your ability to recover quicker.
6. Use your incentive spirometer after your surgery. This will help keep your lungs active throughout your recovery and prevent complications such as pneumonia.
7. An abdominal binder may have been placed on you. This is to provide gentle pressure and to reduce swelling during the initial 48 hours. If it feels too tight or causes pain, you may loosen it.
8. A drain may be placed at the time of surgery. The bulb at the end of the drainage tube creates a gentle suction to remove fluid and blood that accumulates. The drain will reduce pressure on the incision site and enable you to heal faster.

DRAIN CARE: Secure the bulb of the drain to your clothing or the abdominal binder with a safety pin. It is important to milk/strip the drain and empty the bulb every 4-6 hours.

KEEP RECORD OF THE DRAINAGE ON THE SHEET PROVIDED.

This is important and helps determine when a drain can be removed

9. Do not hesitate to call Dr. Denk's office at **757-491-3535** if you have any questions/worries about your surgery or condition. The nurses will be glad to assist you. If it is necessary for you to contact Dr. Denk after hours or on weekends, please call **757-491-3535** and the answering service will help connect you to him.