

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. It is important to NOT have any pressure on the fat grafted areas for 3 weeks!! This is not easy to do, but it is the key for the best results. Lying on your stomach or kneeling is preferred. If you are unable to do so, you and your caregiver should position pillows and pads so that your butt/hips are relieved of any pressure. Minimize any sitting, including sitting on a toilet.
5. You will be placed in your compression garment while you are asleep. You will need to keep your compression garment on for the first 48 hours after surgery.
6. Drainage and blood may leak from incision sites for the first 24 hours. Absorbent pads cover your incision sites. You have been provided with supplies to change them out when they get saturated.
7. Ice packs may help to reduce pain, swelling and bruising for the 48 hours after surgery.
8. 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.