

Post Operative Instructions

(757)491-3535

Bodied by Denk

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. Exercise calf muscles every hour. Extend your foot up, then down at the ankle 10 times. If given a sequential compression device to take home, use for the first day and night. Then continue on with calf exercises for the remaining 2 weeks.
5. Sleep elevated on three or more pillows. This will help decrease soreness and swelling. If you cannot rest comfortably in an elevated position, assume whatever position is comfortable.
6. Your chest will be wrapped with ace bandages. Keep your dressing in place until you see Dr. Denk for your first post operative appointment. If your dressings become bloody or come undone, call Dr. Denk's office.
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.