

# 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. Placing ice packs on your cheeks and lower neck/ upper chest for the first 48 hours following your surgery can reduce pain, swelling and bruising after surgery. .
4. Use your medication as prescribed. Refer to the Pain Management instruction sheet.
5. 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.
6. 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.
7. Your face/ neck will be wrapped with gauze wrap. Keep your dressing in place until you see Dr. Denk for your first post operative appointment. If your dressings become saturated with blood or come undone, call Dr. Denk's office.
8. Avoid straining for 10-14 days. This includes bending over, bearing down, vomiting and heavy lifting. This may cause more bleeding.
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.