

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 10-12 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. 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.
5. 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.
6. Ice packs are helpful to reduce pain, swelling and bruising for the first 48 hours.
7. 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.