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Patient Instructions

HERNIA

Remove dressings twenty-four hours after surgery and bathe gently over the incision with mild soap and water.

Leave dressings off the incision unless drainage occurs.

Apply an ice pack over the area of the incision for 30 minutes each hour for the first 12-24 hours after surgery as comfort dictates.

If there are any tape strips across the incision, try to leave them in place.

Do not apply any ointments to wounds (including but not limited to antibacterial creams.)

No aspirin products, Ibuprofen, Advil or Aleve please. Use only Tylenol for discomfort – one or two tablets every four hours as needed.

For more severe pain, you will need a prescription medication.

Fill and use any prescriptions given you as directed on the bottle.

Watch for fever greater than 101 or excessive pain, swelling, or drainage from the incision. Call me if you have any problems.

Make an effort to be as active as you can, but do not do any heavy lifting or engage in sports for at least 6 weeks after surgery. You may drive as soon as you feel comfortable enough to operate the car. Do not do anything to put unnecessary stress on the muscles of the lower abdomen. At first, take stairs slowly, one at a time!

You can expect some minor discomfort in the incision that should be controlled by pain medication. Your strength and energy will seem less than normal for a few weeks but will gradually build up to normal. It is normal to feel strange sensations around the incision site for several months while it is healing. I will be checking these things when you come to the office. Some bruising and swelling is normal around the area of the incision and the genital area. This subsides in 1-2 weeks.

You may eat anything you like but it is wise to avoid constipation and straining. A stool softener is often helpful such as Surfak 240mg., or generic equivalent, taken with dinner daily. Use a mild laxative such as Milk of Magnesia at bedtime if your bowels do not move for more than two days.

Please call my office on the next working day and make an appointment to see me in a week to 10 days.