

Hernia Repair Instructions Following Surgery

***If you have increasing redness around the incision sites, thick drainage, or fever above 101°F call the office as soon as possible (314-434-1211) to speak with our clinical staff.**

WHAT TO EXPECT

- Everyone's pain tolerance is different. You may be very sore for 3 days following your surgery. Each day will get better, thereafter (*i.e. you will begin to notice improvement on day 4-5*). However, you might not feel 100% improved for 6 weeks after surgery.
- You may or may not turn black and blue around your incision and surrounding tissue. If you had a groin hernia, your groin (*if applicable*, scrotum and penis) may turn black and blue and become swollen. This swelling may become severe at times (*swelling in the scrotum may reach 3 times its normal size*). This is normal, however **if at any point you become unable to urinate go directly to the emergency room (ER)**.

INSTRUCTIONS

- You may apply ice to incision for 1 day after your surgery in 15-20 minute increments. *Be sure to place a towel between your skin and the ice pack to avoid direct contact.*
 - A heating pad may also bring some comfort when used starting 2 days after your surgery in 15-20 minute increments. Do not use high heat.
- If you have small strips of tape directly on your skin (steri-strips) under your dressing, leave those on and do not remove them *until 7-10 days after surgery*.
- You may shower **2 full days after** your surgery. Remove the dressing. Leave steri-strips on.
- The sutures used in your surgery are self-dissolving and should not need to be removed.

MEDICATIONS

- You will be sent home on pain medicine. While on pain medicine, it is a good idea to take a stool softener to counteract constipation. You can also take Milk of Magnesia (*MOM*). All are over the counter. You **should not** drive while on pain medicine.
 - If this is not effective in **2-3 days**, please call our office.
- If you feel that the pain medication is too strong, you may take Ibuprofen (*Advil*) or other over the counter pain medication that has been approved by your Primary Care Provider. Do **NOT** take in conjunction with your prescription pain medication

RESTRICTIONS

- You should not do any strenuous exercise for 6-8 weeks unless directed otherwise. No lifting over 10-15 lbs. (*Ex: a gallon of milk weighs 8 lbs*)
- You may walk as much as you want.

SURGERY SPECIFIC INFORMATION

- *For Incisional, Umbilical, or Recurrent Hernias*: If you have a J-P drain in, (Jackson Pratt) you will not be able to shower until the drain is removed. This usually is removed in the office on the 3 post op day. The doctor will tell you when this should be removed. You will call the office to make that appointment with the nurse or doctor. ***To be removed you must be draining less than 30 ml of fluid in a 24 hour period.***
 - Please empty the drain at least twice a day and record your output. You do not need to save the fluid for your surgeon
- *For Incisional, Umbilical, or Recurrent Hernias*: You may or may not be given an abdominal binder to wear after your hernia surgery, particularly umbilical and abdominal hernias. You should wear the binder until the drain is removed. After the drain is removed, you do not need to sleep in the abdominal binder, but you should continue to wear this during the day when you are up moving about. The binder may be washed.

FOLLOW UP

- Call the office for a “**post-op**” visit 1-2 weeks after your surgery.
- If you have increasing redness around the incision, drainage, or fever above 101°F call the office.
 - Your incision site(s) *may* drain.
 - Do **NOT** soak healing incision site(s) – i.e. a bath, hot tub, swimming pool
 - Clear to light pink/red drainage is normal a few days after surgery
 - You may apply loose dressings to stop any drainage from soiling clothing.

The office is open for phone calls from 8-5 pm Monday-Thursday, Friday 8-4 pm. For after hours, call the Medical Exchange @ 314-364-5262 to speak to the surgeon on call.