



S U R G I C A L A S S O C I A T E S O F G A D S D E N

Post-operative instructions for

Hernia Repair

Diet

1. It is ok to resume a regular diet without restrictions as tolerated.

Activity

1. It is ok to climb stairs, walk to the mailbox, etc. as tolerated.
2. Do not drive until you are off narcotic pain medication and able to steer, press the brakes, etc. without pain.
3. Do not lift over 20 lbs. for six weeks from surgery date.
4. You are encouraged to be up and around as much as possible.
5. You may resume sexual activity when you feel comfortable.

Wound care

1. It is ok to shower the day after your operation. Let the water hit and bounce off the steri-strip bandages. Pat yourself dry with a towel.
2. Do not take a tub bath.
3. You can change the outer dressing but do not remove the small white steri-strips until your post-op appointment.
4. Some bruising around the incision and extending into the scrotum or penis is normal.
5. Some swelling and numbness in the incision immediately after surgery is normal.

Pain management

1. It is ok to take ibuprofen (400-800 mg by mouth every 8 hours) or naproxen in addition to your prescribed narcotic for pain; do not take at the same time as your pain medication. (Do not take Tylenol while you are taking Norco or other Tylenol-containing pain medication.) Take pain medication ONLY as needed.
2. It is ok to apply an ice pack to the wound two or three times a day for the first 24-48 hours. This may help with pain and swelling.

Follow-up

1. Follow-up in the office in 14 days for staple removal/post-op. This appointment should be in your black folder given to you in the office. If your appointment was after-hours and you did not receive a black folder, the office should call you with a post-op appointment; if they do not, please call us to schedule one.
2. Call the office for any of the following:
 - nausea, vomiting, or retching
 - fever > 101.5°
 - pain unrelieved with prescribed pain medication
 - wounds that are red or draining fluid
 - inability to urinate

You must consult with your physician upon your post operative appointment regarding returning to work.

Please feel free to call for any questions or concerns!