

Hernia Repair - After Care Instructions

What to Purchase Before Surgery (over the counter)

- Colace (docusate) 100 mg. **FOR CONSTIPATION IF NEEDED** (DO NOT purchase Peri-Colace which is a stimulant)
- Miralax **FOR CONSTIPATION IF NEEDED**
- Ibuprofen 200 mg (to supplement the pain medication)

What to Expect When You Go Home

- You may experience some nausea, vomiting, or dizziness, but that should resolve by tomorrow.
- You may experience a sore throat from the tube used in your throat when receiving general anesthesia. Keeping your throat moist with lozenges and drinking fluids will help.
- You may experience bilateral shoulder discomfort for 24-48 hours after Laparoscopic procedures. This is caused from the carbon dioxide gas used to inflate your abdomen during the surgery.
- Your abdomen may be distended or bloated for a few days after your surgery.
- No alcohol or driving for 3 days after surgery or while you are taking narcotic pain medication.

Pain Control

- You have been given a prescription for pain medication, take as directed on the bottle, and take with food or snack.
- Our physicians typically write a sufficient quantity of pain medication for your surgery; however, if you need a refill of your narcotic pain medication call the office between 9:00 am-4:00 pm. We cannot refill narcotic pain medications in the evening or on weekends. Narcotics require a written prescription which needs to be picked up at our office and taken to your pharmacy.
- If your primary care physician allows you to take Ibuprofen then take it as follows: Ibuprofen 200 mg 1-2 tablets every 6 hours, not to exceed 6 tablets (1200 mg) in a 24 hour period. Alternate the Ibuprofen between the doses of the pain medication, and be sure to take it with food or snack. Ibuprofen is an anti-inflammatory medication, and can help reduce inflammation and swelling.
- Do **NOT** supplement your narcotic pain medication with Tylenol (acetaminophen), as there is Tylenol (acetaminophen) in your pain medication.
- Apply ice over the incision area for the first 24-48 hours as needed. When using ice it is important to apply ice for 20 minutes on, then 20 minutes off.

Medications

- Regular Prescription Medications
 - You may resume your regular medications after surgery (either in the evening after surgery or the following morning), unless told otherwise by the surgeon.
- If you were given antibiotics, take them as instructed to completion.

- If you take any blood thinners listed below, be sure to talk to your surgeon; you will need to stop these medication **5 days** prior to your surgery. Your surgeon will tell you when to re-start taking those medications again.

✚ Aspirin	✚ Jantoven (warfarin)	✚ Effient (prasugrel)
✚ Plavix (clopidogrel)	✚ Brilinta (ticagrelor)	✚ Coumadin (warfarin)

- If you are taking the following blood thinners listed below, please be sure to talk to your surgeon; you will need to stop these medications **48 hours** prior to your surgery. Your surgeon will tell you when to re-start taking those medications again.
 - ✚ Xarelto (Rivaroxaban)
 - ✚ Eliquis (Apaxiban)
 - ✚ Pradaxa (Dabigatran)

Bowel Movements

The use of narcotic pain medications can make you very constipated. Not drinking enough fluids contributes to constipation as well. We do not want you to strain to have a bowel movement.

- Start taking Colace (100 mg) 1 tab the evening of surgery; continue to take twice a day while you're taking narcotic pain medication. You can increase to 3 tablets per day if needed. If your stools become loose stop the Colace. Please note, Colace is different than Peri-Colace, which is a stimulant laxative, ensure you are taking Colace.
 - If you have not experienced a bowel movement two days after your procedure you may start Miralax in addition to the Colace, 1 capful in an 8 ounce glass of water twice a day. The same instruction applies, if your stools become loose or you resume normal bowel movements, you may stop the Miralax.
- **PLEASE NOTE IF YOU ARE A PATIENT OF DR BERGMANN:** Dr. Bergmann would like for you to start taking Miralax the evening of surgery instead of Colace; 1 capful Miralax in 8 ounces of water. Continue with 1 capful of Miralax in 8 ounce glass of water twice a day until you have had a bowel movement. If you have not had a bowel movement in 3 days after surgery while on Miralax, please call the office for further instruction.
- Drink plenty of water, at least 8 glasses per day; this will help with constipation from taking the pain medications.
- If you still do not have a bowel movement after 3 days and you have tried the above regimens, please call the office at (636) 916-7100 for further instructions.

Diet

- You may eat a light meal the evening of surgery, and advance to a regular diet the next day as tolerated.
- Be sure to add in foods high in fiber to decrease constipation.

Dressing and Wound Care

- Your incision may be closed with dissolvable suture under the skin and special surgical glue over the incision. The surgical glue will flake off on its own, typically in 2 weeks after your procedure; **DO NOT** attempt to remove it. You may shower 24 hours after your surgery. Do not scrub the incisions; wash the site with soap and a clean washcloth and ensure the soap is rinsed off well. Gently pat dry after shower. Do not apply lotions, creams, or ointments.
- If you have staples over your incision you are allowed to shower 24 hours your surgery. Do not scrub the incisions; wash the site with soap and a clean washcloth and ensure soap is rinsed off well. Gently pat dry after shower. Do not apply lotions, creams, or ointments. The staples will be removed in the office 7-14 days after your procedure.]
- **DO NOT** soak in water such as a bathtub, hot tub, swimming pool, or lake for the 1 week after surgery or until cleared by your surgeon.

Special Considerations for Inguinal Hernia Repair (Groin)

- For inguinal surgery in men, you can expect bruising and swelling of the surgical area as well as on the scrotum and penis; do not be alarmed, this is expected and will resolve with time. You can wear a jock support or supportive underwear, or you can use a towel or small pillow placed under the scrotum, to elevate the scrotum, which will help decrease the swelling.

Special Considerations for Ventral Hernia Repair (Abdomen)

- After surgery you may be given an abdominal binder to wear. This will help with pain control and support the abdomen and incision. Please continue to wear the abdominal binder until your follow up appointment. You may be instructed to wear the binder up to 6 weeks after your surgery.

Activity

- Rest for the first 24 hours, and when you feel tired.
- Start walking the next day, gradually increase your activity as tolerated.
- No strenuous activity or lifting more than 10 pounds until directed by your surgeon.
- **NO DRIVING** while on narcotic pain medications.

When to Call 911

- You have sudden chest pain, shortness of breath, or cough up blood.

When to Call your Doctor.....Office Number (636) 916-7100

- Excessive pain that does not get better after you take your pain medication.
- Increasing bulge over incision area.
- Excessive swelling and / or bleeding that soaks 2 or more large gauze pads.
- Temperature above 101.5 degrees F.
- Incision is red, and hot to the touch.
- Foul smelling drainage.
- Persistent nausea or vomiting.
- If you have had no bowel movement after following the instructions outlined in the Bowel Movement section above.

Call for Post-op Appointment.....Office Number (636) 916-7100

- **Please call the office the day after your surgery to schedule your post-op appointment for 1 to 2 weeks from the date of your surgery.**