

HERNIA SURGERY AFTERCARE INSTRUCTIONS

Items to Purchase Before Surgery (over the counter):

- Colace (docusate) 100 mg. (NOT Peri-Colace, which is a stimulant)
- MiraLax
- Advil 200 mg
- Flexible Ice Pack

What to Expect After Surgery:

- You may experience some nausea, vomiting, or dizziness. These symptoms should resolve by the next day.
- You could experience a sore throat due to the general anesthesia. To help manage the symptoms, drink fluids or use lozenges to keep your throat moist. These symptoms typically resolve in 24-48 hours.
- You could have bilateral shoulder or neck discomfort for 24-72 hours. This is caused by carbon dioxide gas used to inflate your abdomen during the surgery. Walking, moving around, changing positions, and staying hydrated will help move the gas and ease the pain.
- You may experience abdominal bloating.

Pain Management:

- Pain Medications will be prescribed. Take pain medication on time as directed. Do not wait until pain gets bad to take them.
- If you are allowed to take Ibuprofen (Advil), take 600 mg every 6 hours as needed, with food or milk.
- Apply ice over the surgical area. We recommend applying ice 20 minutes on, 20 minutes off every hour. Please continue this throughout your recovery.
- **If a pain medication refill is needed, please notify the office between the hours of 8:30 am- 4:00 pm Monday- Friday. Please allow 24 hours for requests to be completed.**

Diet:

- Advance to a regular diet as tolerated. A healthy, well-balanced diet is recommended, including fresh fruits and vegetables, lean proteins, and whole grains.
- **Stay hydrated by drinking at least 64 oz of water per day.**

Bowel Management:

- **When you arrive home from surgery, begin your bowel regimen:**
 - Colace 100 mg, 1 tablet
 - MiraLax: 1 capful, in 8 oz of water
- Continue this bowel regimen twice a day, while taking narcotic pain medications, as they are constipating.
- If your stools become loose, stop taking the Colace and MiraLax. Continue to monitor for constipation and resume use Colace and MiraLax as needed.

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- If you 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.

Incision Care:

- Your incisions will be covered with surgical glue. Take care of your incisions by keeping them dry and clean.
- You may shower 24 hours after surgery. Gently cleanse incisions with soap and water and gently pat incisions dry with a clean towel.
- **DO NOT** soak in water, such as a bathtub, pool, hot tub or lake for approximately 2 weeks.
- The surgical glue will fall off on its own in approximately 1-2 weeks. **DO NOT** pick at the surgical glue or try to remove it yourself. **DO NOT** apply any lotions, ointments, or creams to the surgical glue.

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:

- Increase activity slowly. Start with short walks around your home and walk a little more every day.
- Practice “**abdominal splinting**” by applying a pillow across your abdomen and hugging the pillow to support your abdomen when coughing, sneezing, deep breathing and when changing positions.
- Avoid lifting greater than 10-15 pounds for 4-6 weeks after your surgery.
- Decrease/discontinue activity if it causes pain
- **NO DRIVING** while on narcotic pain medications.

Post-op Appointment:

- Please refer to your Hospital Discharge Document for your post-op appointment time. If there is not an appointment listed, please call our office to schedule. Our phone number to schedule: (636)-916-7100, option 2.

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When to call your Surgeon's Office...Office Number 636-916-7100:

- Fever greater than 101.5 F
- If your incisions are reddened, hot to touch, swollen, or have drainage
- Excessive pain that is not relieved by pain medication
- Persistent nausea and vomiting
- Increased abdominal bloating, firm, painful abdomen
- Painful or increasing swelling
- After-hours/Weekend/Holiday Exchange Phone Number: 1-833-660-3186

When to seek Emergency Care:

- You have sudden chest pain or shortness of breath
- Unresolved, severe pain
- Excessive bleeding that soaks 2 or more large gauze dressing
- Any time that you think you need Emergency Car

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