



## Post-Operative Instructions: Hernia Repair Surgery

These instructions provide general guidelines. Your surgeon will give you specific instructions tailored to your procedure. Always follow your surgeon's advice. Contact your surgeon immediately if you have any concerns.

### Immediately After Surgery:

- **Pain Management:** Take prescribed pain medication as directed. Consider taking over the counter pain medications such as acetaminophen as directed by your doctor. Don't drive while taking pain medication. Use ice packs to reduce swelling and discomfort. Ice packs can be applied for 20 minutes at a time several times a day.
- **Wound Care:** Keep the incision site clean and dry. Your surgeon will provide specific instructions on dressing changes and showering.
- **Activity:** Rest and avoid strenuous activity as instructed by your surgeon.

### At Home:

- **Pain Management:** Continue taking prescribed pain medication as directed, gradually reducing the dosage as your pain improves.
- **Diet:** Gradually resume your normal diet. Increase fiber and fluid intake to prevent constipation. Consider taking a stool softener or laxative as recommended by your surgeon if you have constipation.
- **Activity:** Gradually increase your activity level as tolerated. Avoid lifting heavy objects or strenuous activities for several weeks. Light activity like walking can help promote circulation and prevent blood clots. Your surgeon will provide specific guidance on when to resume activities.
- **Wound Care:** Keep the incision site clean and dry. Report any signs of infection (increased pain, swelling, redness, pus, fever).
- **Bowel Movements:** Avoid straining during bowel movements. Increase fiber intake and fluid to prevent constipation.
- **Incidental Pain:** It is normal to experience some swelling, bruising, and discomfort at the surgery site for several weeks postpartum.
- **Mobility:** Walk around as tolerated. Increased mobility will encourage healing and reduce complications. Discuss with your physician about resuming regular exercise as appropriate.

**Signs of Complications:** Contact your surgeon immediately if you experience:

- Increased pain at the incision site
- Fever or chills
- Redness, swelling, or pus at the incision site
- Excessive bleeding or drainage from the incision
- Severe abdominal pain or distention
- Persistent nausea or vomiting
- Difficulty urinating

**Follow-up:**

- Attend all scheduled follow-up appointments with your surgeon.

**Important:** These instructions are guidelines only. Your surgeon's instructions are paramount. If you have any questions or concerns, please contact your surgeon's office immediately.