

Patient Information - GMIS Postoperative Sports Hernia Instructions

- Wait to eat until you are hungry. Hunger is a sign that your body is ready for food. Start with light foods.
- It is important that you avoid constipation. If you have to strain for a bowel movement then your muscles will pull on the sutures. Not good. Take Milk of Magnesia and/or Miralax (both over the counter) to keep the bowels moving.
- Your urine stream may be slow for a few days.
- The local anesthetic will keep the area numb for 8 to 16 hours.
- Wait until you start having pain before taking the pain medications.
- If the pain is mild, then take Advil or Tylenol
- If the pain is severe, then take your prescription medication
- It is important that you do not let yourself suffer. If you have pain, then use the medications.
- Most athletes take the pain medications for about three days.
- Restart your routine medications such as medication for blood pressure or for cholesterol.
- The super glue is your bandage. It takes weeks to come off.
- You may shower tonight. It is OK to get the wounds wet.
- Keep ice on the operative site for at least 24 hours.
- The area may turn black and blue (like a bruise). The black and blue often develops several days after surgery. The black and blue may extend down onto the thigh, penis, and scrotum. This is not dangerous and will resolve in several weeks.
- The testicle may swell. If it falls off, then call me. 😊
- Rest. Light exercise and walking is OK. Stairs are OK. Listen to your body. If a particular activity causes a sharp pain, then stop.
- When you feel strong then contact me to discuss physical rehabilitation.
- It would be helpful if you have someone stay with you for 24 hours.
- Do not sign important documents until you are off of the pain medications.
- You may drive a car once you have stopped the pain medications.
- Do not take alcohol with the pain medication.
- Sex is fine whenever you feel up to it.
- Most athletes travel home on the first or second day after surgery. The second day is best.

Do not hesitate to contact Dr. Jamison or Zelko if you have any questions @ 503.281.0561. You can also email questions by going to The Oregon Clinic Website www.orclinic.com and clicking on My Health Connection.