

# Discharge Instructions for Hernia Repair

## Home Care

- Don't be alarmed if your shoulder is tight or your neck is stiff for 24–48 hours after your surgery. This is common and usually temporary.
- Continue the coughing and deep breathing exercises that you learned in the hospital.
- Constipation is very common:
  - ◆ Eat fruits, vegetables, and whole grains.
  - ◆ Drink 6 to 8 glasses of water a day, unless otherwise directed.
  - ◆ You may use an over the counter laxative (e.g. Miralax) or a mild stool softener (e.g. Docusate sodium or Senna) as needed for symptoms

## Bandage and Incision Care

- Do not get the wound wet for 48 hours. You may shower if the clear bandage is still intact.
- If strips of tape were used to close your incision, don't pull them off. Let them fall off on their own.
- Remove any gauze bandage in 48 hours.
- Wash your incision with mild soap and water. Pat it dry. Don't use oils, powders, or lotions on your incision.
- Use an ice pack to the surgical site as needed. This will help with pain and swelling. Do not put the ice directly on your skin.
- It is common for the wound to be swollen with a thick firm ridge underneath it. This is referred to as a healing ridge. This is normal as long as the wound itself is not red or draining fluid. This will resolve over the next 6-8 weeks.
- Please avoid sun exposure to your wound for a year as this can cause the scar to become more prominent.

## Activity

- You may drive as soon as you are free from narcotic pain medication and able to move comfortably from side to side. Don't drive while you are still taking narcotic pain medication.
- Ask others to help with chores and errands while you recover.
- Don't lift anything heavier than 30 pounds for 6 weeks after your operation.
- Don't mow the lawn, use a vacuum cleaner, or do other strenuous activities for at least 6 weeks after your operation.
- Climb stairs slowly and pause after every few steps.
- Walk as often as you feel able.
- A good rule of thumb is that if it hurts, don't do it.

## Follow-Up

Please follow-up in clinic in 1-2 weeks. Please call the clinic to make an appointment.

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## When to Call Your Doctor

Call your doctor immediately if you have any of the following:

- A large amount of swelling or bruising (some testicular swelling and bruising is common)
- Bleeding
- Increasing pain
- Increased redness or drainage of the incision
- Fever 101.5°F, or higher
- Trouble urinating
- Nausea or vomiting

Instructions given by: \_\_\_\_\_

Date: \_\_\_\_\_

Patient Released to: \_\_\_\_\_