

## **Gastrointestinal & Minimally Invasive Surgery Division**

### **Laparoscopic Hernia Repair Discharge Instructions**

You have had your hernia repaired using laparoscopic techniques which hopefully will give you the advantage of a quicker recovery and less pain and scarring. There is some wound care information that you need to know during your recovery period.

- 1) You can expect some pain both from your laparoscopy incisions and in the area of the hernia repair. This should be mild to moderate pain and should disappear after 2-4 days. If this persists or is severe pain, please call your physician.
- 2) Your incisions have been dressed with medical super glue. You may take a shower and simply blot the dressing dry. There may be some swelling around the incision and there may be some swelling under the skin of the incision. This is a normal part of the healing process and will fade over the course of several weeks to months.
- 3) Ice during the first 24 hours will help with the localized pain. You should avoid putting any high intensity heat pad on the area as this can cause skin burns.
- 4) You may resume a regular diet. Be aware that the pain medications you were sent home with tend to be constipating. You may need to take a gentle laxative or enema if constipation becomes a problem.
- 5) Bruising around the small incisions, in the groins, and even in the scrotal area is very common and nothing to be alarmed about. This bruising should fade after a few days and does not represent a complication. Redness around the incision can represent infection, and if you do note spreading redness you should call your physician immediately.
- 6) You should call your physician if you have high fevers (greater than 101), severe abdominal pain or large amounts of bleeding from your incisions sites.

We enjoyed having you as a member of our minimally invasive surgery program. If you have any questions or would like to give us feedback about your experience, please feel free to call.

Instructions Given By: \_\_\_\_\_ Date: \_\_\_\_\_

Patient Released To: \_\_\_\_\_