

POST-OP OPEN HERNIA Surgery
Home Care Instructions
Drs. Jamison & Zelko
Phone # 503.281.0561

All are active unless crossed out

Diet:	Resume your regular diet as tolerated, start light for 24 hours.
Activity:	<p>Expect decreased energy Level. When rising from a laying down position, roll on your side and lift with your elbow to avoid placing pressure on your abdominal musculature.</p> <p>No driving until off narcotics and pain free.</p> <p>Do not engage in potentially hazardous work or make important personal or business decisions if taking pain medication.</p> <p>Do not have sexual intercourse for 10-14 days.</p> <p>Wear scrotal support as needed for comfort if you have had a groin hernia repair. Wear abdominal binder that was provided at all times if you have had an incisional hernia repair.</p> <p><i>Restrict your lifting to objects that can be easily lifted with one hand</i> otherwise, no lifting over 10 lbs for 6 weeks following surgery.</p> <p>Shower: Okay.</p> <p>Wash your hair: Okay.</p> <p>Tub: Yes, in 14 days.</p> <p>Stairs: Yes, when comfortable.</p>
Medications:	Take pain medications as directed. Do not wait until pain is severe before taking them. Do not drive if taking pain medication. If you become constipated, you may use over-the-counter Senokot-S, take 1 tablet at the same time when taking pain medication. Use nausea medicine as directed.
Surgical Site:	<p>If present, may remove outer dressing / band-aids in 2 days otherwise, skin glue was used so there are no dressings.</p> <p>If present, leave on inner steri-strip dressings.</p> <p>Expect light drainage / bleeding for 2 days.</p> <p>IF drain is present; strip 8-10 times daily. Record output and change drain gauze daily.</p> <p>Apply an ice bag for 20 minutes several times a day; no more than every two hours.</p>
CALL:	<p>Call health care provider if you experience:</p> <ul style="list-style-type: none"> • Fever over 101 °F • Excessive bleeding or drainage at the operative site. • Difficulty breathing or shortness of breath. • Persistent nausea and vomiting. • Increased pain that is not relieved by pain medications.
Follow-up:	Call and schedule follow – up appointment at the office for: 4 weeks (if with Dr Zelko) 3 weeks (if with Dr Jamison)

Instructions given by: _____

Discharged to: _____ Date: _____