

POSTOPERATIVE INSTRUCTIONS INGUINAL HERNIA

- **Diet:** start off slow. Drink first. If you have no nausea, you can eat whatever sounds good. Remember that some of the pain medications cause constipation so avoid constipating foods.
- **Activity:** Do not lift > 10 pounds for **1 week**. Walking around and up stairs and moving around in bed is fine. Being active is good.
 - o Do not drive for the first week unless otherwise specified by your surgeon. Do not drive if you are taking narcotic pain medication.
 - o It is OK to shower. Do not scrub the wounds.
 - o Being active. Walking is a good thing!
- **Pain:** Use ice packs on the wounds and over the old hernia site during the first 2 days after surgery to reduce pain and bruising. The genital area will bruise after this surgery no matter what. It should resolved after 7-10 days.
 - o If you have gas pains, take GasX or liquid simethicone as directed on package. Walk around to help gas pains pass as well.
 - o Narcotics should be used as needed for the first few days after surgery. Ibuprofen or aleve medications can be used in between doses if you do not have any contraindications for using these anti-inflammatory medications.
- **Constipation:** Pain pills are constipating. Tylenol and ibuprofen are not. Take stool softners (ie. Senna or colace) while you are taking narcotic pain medicines. If you do not have a bowel movement for 48 hours, try taking milk of magnesia. Call if this is ineffective.
- **Work:** Returning to your workplace depends on your employment and employer. If you perform heavy lifting, this should be avoided for 1 week. If you do not perform heavy activity, you can return to work when you feel able.
- **Follow-up:** You will usually make an appointment to return to the office around 4 weeks after surgery.
- Call the office for fever >101.5° F, increased abdominal pain that does not resolve within 30 minutes or with taking pain medication, or your incisions become red and drain pus.