



Discharge Instructions for Hernia (Groin or Umbilical) Patients

Office Visit: Call the office soon to make an appointment for approximately one week.

Diet:

- Resume your regular diet. Avoid heavy meals after you arrive home for the first day.
- Take a stool softener (Colace) to avoid constipation. Straining will cause you incisional pain. If your bowel shave not moved by the first post-op day, you should take a laxative such as Milk of Magnesia or a Dulcolax suppository.

Wound Care:

- Keep the incisions dry for at least 24 hours. Showers or sponge baths are fine.
- You may remove the bandages after 24 hours. Leave the steri-strip tapes on for one week. You may leave them off if they fall off before that time.
- Wear a light gauze bandage over the incision if your clothing irritates the incision.
- As the surgical wounds heal, there is likely to be some swelling, lumpiness, and bruising around the incisions. You may see a small amount of oozing of blood or serum from the incision for the first few hours after you arrive home. Do not be alarmed. The bandage may be changed in this circumstance.
- Apply an ice or freeze pack over the incision for the first 2-3 days as tolerated. This will decrease pain and swelling. A warm hot water bottle thereafter may provide some additional relief.
- An athletic supporter may benefit men after groin hernia repair.

Please call the office as soon as possible if any of the following occur:

- **Sharp increase in pain, redness, or swelling of the incision**
- **Presence of drainage or persistent bleeding**
- **Fever over 101 ° F**

Activity:

- Light activity is allowed.
- Gradually increase activity within your tolerance
- Walking is the best exercise for you at this time.
- Climbing stairs is fine, but go slowly at first.
- As a general rule, do not lift anything heavier than 25-30 pounds for couple weeks after surgery.
- Do not drive until drive until a) all your pain is gone and your energy level is normal, and b) you've had your first postoperative office visit.

Pain Medication Warning: You may be prescribed a narcotic for pain relief such as Darvocet, Vicodin, or Percocet. Narcotics can cause drowsiness and constipation. Do not drive a car, work around machines, or drink alcohol while taking narcotics. Drink plenty of liquids and take a stool softener (Colace) to avoid constipation. You may take Milk of Magnesia or a Dulcolax suppository to relieve constipation.

Special Instructions:

Please call the office if you have any questions or problems. If necessary, the "on-call" surgeon for the practice can be reached after hours through the answering service.