

## Post-Op Instructions – Inguinal Hernia

A prescription for pain medication is given to you upon discharge. Take your pain medication as prescribed, if needed. You may take acetaminophen (Tylenol) or ibuprofen (Advil) as needed.

Take your usually prescribed medications unless otherwise directed.

If you need a refill on your pain medication, please contact your pharmacy. They will call our office to request authorization. Calls received after 4:30 pm daily or on the weekend will not be handled until the next business day.

**Diet:** You should follow a light diet the first 24 hours after surgery, such as soup, crackers, pudding, etc. Resume your normal diet the day after surgery.

### **Wound Care:**

Unless discharge instructions indicate otherwise, you may remove your bandages 24-48 hours after surgery, and may shower at that time. You may have steri-strips (small skin tapes) in place directly over the incision. These strips should be left on the skin for 7 – 10 days. Any sutures or staples will be removed at the doctor's office.

**Activities:** You may resume regular (light) daily activities beginning the next day – such as daily self-care, walking, climbing stairs – gradually increasing activities as tolerated. You may have sexual intercourse when it is comfortable. **Refrain from any heavy lifting or straining until approved by your doctor.**

### **You may drive when:**

- you no longer are taking prescription pain medication
- you can comfortably wear a seatbelt
- you can safely maneuver your car and apply brakes

### **Return to Work:** *Ask your doctor*

You should see your doctor in the office for a follow-up appointment approximately 2-3 weeks after your surgery. (If you have sutures or staples in place, your appointment should be in 7 – 10 days). Make sure you call for this appointment within a day or so after your surgery to ensure a convenient appointment time.

### **Call your doctor if any of these symptoms occur:**

- fever over 101 degrees F
- nausea and/or vomiting
- extreme swelling or bruising
- inability to urinate

- continued bleeding from incision
- increased pain, redness, or drainage from the incision

**General expectations:** Most patients will experience some swelling and bruising in the groin and scrotum. Ice packs and reclining will help. Swelling and bruising can take several days to resolve.

It is common to experience constipation if taking pain medication after surgery. Increasing fluids and taking a stool softener will usually help lessen or prevent this from occurring. A mild laxative (Milk of Magnesia is recommended) may be taken if no bowel movement after 48 hours.