



## ***UMBILICAL OR INGUINAL HERNIA REPAIR: POST OP INSTRUCTIONS***

Always review your discharge instruction sheet given to you by the facility where your surgery was performed.

IF YOU HAVE DISABILITY OR FAMILY LEAVE FORMS, YOU MUST BRING THEM TO THE OFFICE FOR PROCESSING. **DO NOT GIVE THEM TO YOUR DOCTOR.**

1. A prescription for pain medication may be given to you upon discharge. Take your pain medication as prescribed, if needed. If narcotic pain medicine is not needed, then you may take acetaminophen (Tylenol) or ibuprofen (Advil) as needed.
2. Take your usually prescribed medications unless otherwise directed.
3. If you need a refill on your pain medication, please contact your pharmacy. They will contact our office to request authorization. Prescriptions will not be filled after 5 pm or on weekends.
4. You should follow a light diet the first 24 hours after arrival home, such as soup and crackers, etc. Be sure to include lots of fluids daily. Resume your normal diet the day after surgery.
5. Most patients will experience some swelling and bruising around the umbilicus or in the groin and scrotum. Ice packs and reclining will help. Swelling and bruising can take several days to resolve.
6. It is common to experience some constipation if taking pain medication after surgery. Increasing fluid intake and taking a stool softener (such as Colace) will usually help or prevent this problem from occurring. A mild laxative (Milk of Magnesia or Miralax) should be taken according to package directions if there are no bowel movements after 48 hours.
7. Unless discharge instructions indicate otherwise, you may remove your bandages 24-48 hours after surgery, and you 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. If your surgeon used skin glue on the incision, you may shower in 24 hours. The glue will flake off over the next 2-3 weeks. Any sutures or staples will be removed at the office during your follow-up visit.

8. **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.
- a. You may drive when you are no longer taking prescription pain medication, you can comfortably wear a seatbelt, and you can safely maneuver your car and apply brakes.
- b. **RETURN TO WORK:** \_\_\_\_\_
9. You should see your doctor in the office for a follow-up appointment approximately 2-3 weeks after your surgery. Make sure that you call for this appointment within a day or two after you arrive home to insure a convenient appointment time.
10. **OTHER INSTRUCTIONS:** \_\_\_\_\_  
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**WHEN TO CALL YOUR DOCTOR:**

1. Fever over 101.0
2. Inability to urinate
3. Nausea and/or vomiting
4. Extreme swelling or bruising
5. Continued bleeding from incision
6. Increased pain, redness, or drainage from the incision

The clinic staff is available to answer your questions during regular business hours. Please don't hesitate to call and ask to speak to one of the nurses for clinical concerns. If you have a medical emergency, go to the nearest emergency room or call 911. A surgeon from Central Carolina Surgery is always on call at the hospital.