

HERNIA REPAIR

DISCHARGE INSTRUCTIONS

ACTIVITIES:

- Limit physical activity today and rest.
- Do not attempt strenuous activities or heavy lifting (greater than 10 pounds).
- If you feel well and are rested, sexual activity may be resumed. Avoid positions that strain your incision sites.

PAIN MEDICATION:

- Take pain medication as directed, for the first few days after surgery.
- Pain medicine can cause nausea and constipation. To help ease these effects, take pain medicine with food. Also, drink plenty of fluids.
- Take a stool softener as directed if constipation persists.

DRIVING:

- Do not drive today and any day while you are taking prescription pain medication.
- You may resume driving when you are free from incision pain and are no longer taking pain medication.

WOUND/INCISION:

- Keep the bandaged incision site clean and dry.
- You may use an ice pack on the wound/incision site to decrease the swelling. Apply the ice pack for 15-20 minutes every hour for the first 24 hours and then discontinue.
- The bandage can be removed 2 days after surgery. Leave the white steri-strips directly on your skin.
- After your bandage removal, you may shower and get the incision wet.
- Please avoid any submersion in water (going into the ocean, soaking in a bathtub, swimming) until your surgeon advises that it's ok.

WHEN TO CALL YOUR DOCTOR:

Please call your doctor if you experience any of the following:

- Fever over 101.5° F and/or chills.
- Excessive nausea, vomiting, diarrhea or constipation that persists.
- Extensive swelling, redness, pus, foul odor, or severe pain around the operative area.
- Increased bleeding or drainage.
- Difficulty urinating or increasing bright red blood or big clots in your urine.

If you have any questions or concerns, please call your doctor's office.

Monday through Fridays between 8:00AM to 4:30 PM, please call the office at 808-599-7779.

After hours/weekends, please call Physicians Exchange at 808-524-2575.

If you feel that you are having a medical emergency, please call 911 or go to your nearest emergency room.

APPOINTMENT:

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- If you do not already have an appointment scheduled, please contact our office for a follow-up appointment.