

POST-OPERATIVE DISCHARGE INSTRUCTIONS FOR LAPAROSCOPIC HERNIA REPAIR

You will have mild to moderate discomfort for the first 48 hours after your operation. There are three time incisions but there was a fair amount of work done inside.

ACTIVITY:

- Walking around the house, office work, climbing stairs or driving in a car is fine as soon as you feel able.
- You may feel tired up to a week after your operation. Take a nap when you feel tired.
- You may resume exercise such as running, biking or treadmill, one week after surgery.
- You may shower at any time.
- Do NOT drive a car while you are taking pain medicine.

DIET:

- Drink lots of fluids.
- Your appetite when you return home may be less than normal. Do not force yourself to eat. Eat when you are hungry!

DAILY INCISION CARE:

- You may see bulging at the site of your previous hernia. This is because the hernia sac is filling with fluid. The swelling will go down in several weeks when the fluid is re-absorbed.
- A few days after the surgery, there may be bruising of the penis or scrotum for men. There may be bruising on the genitals for women. The bruising is not dangerous and it is from the small amount of blood loss during the operation.
- Your incision may be covered with a waterproof dressing (Tegaderm). Change the dressing if it fills with blood or fluid. Take the dressing off after two days. Gently clean the skin around your incision daily with mild soap and water.

COMMON PROBLEMS:

- You will have a bowel movement at home in the next few days.
- If you are unable to move your bowels, you can take any over the counter laxative or enema preparation.
- If you are taking narcotics for pain relief you will need to take a stool softener like "Metamucil".

CALL YOUR DOCTOR IF:

- You have chills or your temperature is greater than 101°F (or 38.3°C).
- You have new redness in the incision or increasing pain.
- **FOLLOW-UP:**
- If you do not have an appointment for a follow-up visit, call our office to set up an appointment after you go home.
- For any questions that are not emergencies, call the office.
- In case of emergencies, call our office and/or go to the Emergency Room.