

## **SURGERY POST-OPERATIVE DISCHARGE INSTRUCTIONS FOR INCISIONAL HERNIA REPAIR**

### **ACTIVITY:**

- You can shower, even if you have a drain in your incision. Do **NOT** sit in still water.
- Do **NOT** use a hot tub or sauna for 2-3 weeks after surgery.
- Pat the incision dry after showering.
- You should try to get up and walk around the house as much as possible.
- The more you do, the faster you will get better.
- Do **NOT** do any heavy lifting.
- It is normal to feel tired. In 2-3 weeks you will feel better.

### **DIET:**

- Eat soft foods that are easy to digest. They will settle in your stomach better.

### **DAILY INCISION CARE:**

- It is normal to have some bruising around the incision.
- You may have a drain in your incision. Your doctor will tell you when this will be taken out.

### **COMMON PROBLEMS:**

- Narcotic pain medications frequently cause constipation.
- If you do not move your bowels in a few days you may take a laxative.

### **CALL YOUR DOCTOR IF:**

- If you are unable to move your bowels after 4 days.
- Your temperature is greater than 101°F (or 38.3°C)

**FOLLOW-UP:**

- If you do not have an appointment for a follow-up visit, call our office once you are discharged and schedule one.
- For any questions that are not emergencies, call the floor where you were a patient.
- In case of emergencies, call your doctor's office and/or go to the Emergency Room.