

DISCHARGE INSTRUCTIONS FOR OPEN HERNIA SURGERY

ACTIVITY:

- You can shower but do not sit in still water.
- You should try to get up and walk around the house as much as possible.
- Walking will help to stretch the muscles and relieve the pain.
- You can drive after the pain is gone and you have stopped taking the pain medicine.
- You may perform any activity. Pain may limit you initially.
- Sexual activity is fine as soon as you are comfortable.

DIET:

- The pain medicine that contains narcotics such as Vicodin and Darvocet may cause constipation.
- Drink lots of fluids.
- Eat a lot of fiber to help with bowel movements.
- If you are constipated you may take any type of laxative you wish.

INCISION CARE:

- Your incision may be covered with a waterproof dressing (Tegaderm). Leave it on for 2-3 days.
- Some blood or fluid may collect under the dressing.
- Leave the Steri-Strips (little white strips of tape) in place after you take off the dressing.
- You may shower after the dressing comes off.
- Steri-Strips will curl up after a few days and then you can take them off.
- It is normal to have some bruising or swelling around the incision.
- For male patients, there may be some swelling of the testicle on the side where the hernia was and some bruising of the scrotum and penis.

PAIN MEDICATION:

- Ice packs to the groin area can help to relieve pain and swelling.
- Take the pain medicine following the directions your doctor gave to you.
- Use Ibuprofen (Motrin, Advil) or Acetaminophen (Tylenol if pain is not severe. These medicines have fewer side effects than narcotics.

CALL YOUR DOCTOR IF:

- Your temperature is greater than 101°F (or 38.3°C).
- You have a lot of swelling or bleeding.

FOLLOW-UP:

- If you do not have an appointment for a follow-up visit, call our office and make one after you go home.
- For any questions that are not emergencies, call our office.
- In case of emergency, call our office and/or go the Emergency Room at the center where you were operated.