



DeKalb Medical

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POST OPERATIVE INSTRUCTIONS FOR INGUINAL HERNIA REPAIR WITH MESH

These are some comments about the hernia repair which will help you understand the postoperative phase. Please call the office if you have other questions, or are unsure about any phase of your recovery.

- ACTIVITIES:**
- Avoid any exertion other than walking until you come to the office for your postoperative appointment.
- DIET**
- You should only eat liquids and light foods the first 24 hours after surgery. Afterwards, it is all right to eat whatever you would normally eat.
- WOUND CARE:**
- Your incision is closed at the skin, and then covered with surgical glue. This should leave the incision waterproof so you may shower. Do not sit in a tub, as the glue will come off and the incision will get wet.
- BATHING:**
- Showers only (see above under wound care).
- MEDICATION**
- Your operation is not painless. Expect local discomfort, and discomfort with movement. Take the pain medication when you need it.
- SPECIAL INSTRUCTIONS**
- There will be some degree of swelling around the incision. This is normal and will recede in time.
 - There often will be some discoloration around the incision. Blood or fluid from the surgery will come to the surface, but then will be reabsorbed.
 - Placing an ice pack over the dressing after surgery, particularly the day of the operation, will help both to reduce local pain and to reduce swelling. Application of heat is not advisable immediately after surgery.
 - Constipation is common when taking pain medication. Don't wait until you have trouble with bowel movements. Take a stool softener the day of surgery, and each day afterward if needed. A stool softener or bulk laxative is better than a purgative. For example, Citrucel or Metamucil is better than Milk of Magnesia or ExLax. Drink plenty of fluids to help your bowel function return to normal.
 - It is common to have some difficulty or hesitancy in urinating after surgery. If this persists, or if you cannot void at all you will need to come back to the hospital for treatment. If you are gradually improving you will probably not need further treatment.
- RETURN TO OFFICE**
- Call the office soon to schedule your follow up appointment 7 days after surgery. The office phone number is **404-501-9170**.

Call your physician if you have unusual symptoms such as bleeding, swelling, burning, abnormal discharge, bladder or bowel problem, extreme pain, vomiting, prolonged nausea, temperature over 100.4 degrees Fahrenheit.

DO NOT HESITATE TO CALL IF YOU ARE HAVING ANY DIFFICULTY AND/OR QUESTIONS.