

Hernia Surgery

Post-Op Instructions

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- You may experience some pain and discomfort following your surgery. You will be given a prescription for a narcotic pain medication to help control this. Please take as needed.
- Swelling and bruising may develop in the area of your incision and, in males; this may extend down into the scrotum. Ice may be applied to the area if necessary during the first 48 hours after surgery.
- Your incision may have stitches that are located underneath the skin and cannot be seen, or over the skin which can be seen. On rare occasions your incision may be closed by small skin staples.
- On top of the stitches there may be steri-strips (small white strips of tape), or skin glue. Additionally the incision may be covered by a gauze dressing and tape or a plastic dressing.
- If you have a dressing, it may be removed after 24 hours. Do not remove the steri-strips (small strips of textured adhesive tape) covering the incision. You may get these wet in the shower and pat dry.
- There may be some drainage from the incisions, which is not uncommon. This drainage may be slightly bloody at times. A light dressing can be applied and changed as needed. There may also be slight redness at the ends of the incision. This too is normal.
- Showering is permitted the day after surgery. **Do not** soak the incision in a bath until five (5) days after surgery.
- You may go up and down stairs if necessary and walk as desired.
- Do not engage in strenuous activity or heavy lifting until cleared by physician, which can be discussed at your post-operative appointment. However, use your judgement and listen to your body in response to certain activities. Gradually increase activities at a comfortable, individual pace.
- You may drive when you are able to press on the gas/brake pedals without experiencing pain, and are no longer taking narcotic pain medication.
- If your incision becomes red, hot and tender, you may have an infection. In that case call the office. You have been given antibiotics in the operating room prior to surgery, and unless discussed with you, you do not need them after surgery.
- Your return date for work will be discussed at the post-op appointment.
- Please call the office (818) 789-1111 to schedule a post-op appointment about one week after surgery.

CALL THE OFFICE IMMEDIATELY:

- If you have continuous bleeding from the incision
- If you develop a temperature higher than 101° F.
- If you have any questions.