

Minimally Invasive Surgeons of Greater Hartford

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Post –Operative Instructions for Inguinal Hernia Repair

- 1) Keep wounds clean and dry with dressing on for 24 hours.
- 2) After 24 hours you may remove the dressings. You will have surgical tapes on the wounds. You may shower and pat the wounds dry, but refrain from tub bathing for 1 week.
- 3) Take your pain medication as prescribed by your doctor at the time of surgery. This may cause constipation. If you become constipated, take 2 tablespoons of Milk of Magnesia every six hours until relieved.
- 4) Do not drive or operate machinery while you are taking narcotic pain medication.
- 5) **Call** the office the next day at 241-0870 for an appointment in 7-10 days. Leave the surgical tapes on until seen by your surgeon.
- 6) Please call the office if you have any questions regarding your surgery or postoperative course. Please call the office if: your wounds become red and warm, if the site bleeds excessively, if the wound becomes more painful over time or if you have a temperature greater than 101 degrees.
- 7) It is normal for there to be some swelling at the hernia site postoperatively. It is also normal to develop some bruising at the hernia site. For men, it is normal to have swelling and/or bruising along your scrotum.
- 8) Your **Activity** level should progress to light activity over the next several days. You may walk and climb stairs. You should avoid running, weight-lifting, cycling or strenuous physical activity until cleared by your surgeon.
- 9) Your **Diet** should be a light diet for the first night after surgery. You are encouraged to drink fluids to keep yourself hydrated. Avoid carbonated beverages. After the first night, you should be able to resume your usual diet.

Patient Name and Date

Patient Signature and Date