

Post instructions/information

Care for your incision(s):

Many incisions today are covered with skin glue and do not require a bandage or any special attention. You may shower the following day. Avoid getting into water (tub, pool, lake, river, etc.) for at least a week.

If your incision has external sutures or staples requiring bandage changes, wash your hands before and after changing the bandage. This will reduce the chance of infection.

Some bruising and mild redness is expected.

Applying an ice pack on or near the incision for 30 minutes at a time during the first day or two will reduce pain, swelling, and bruising.

Diet:

Your diet postoperative will depend on the type of procedure performed. It is a good idea to increase your protein intake to promote wound healing. If you have diabetes, it is important to maintain good control of your blood glucose level to promote wound healing and prevent infection.

Activity:

Your level of activity will be dependent on the type of procedure performed. It is important to walk around frequently to avoid blood clots and pneumonia. Walking up and down stairs is fine. No driving for 3-4 days following most procedures or while taking any pain medication.

For most hernia surgeries, you should avoid pushing/pulling/lifting anything over 20 lb. for 4-6 weeks. Any quick twisting motions – golf, tennis, bowling, kickboxing, etc. – should be avoided as well.

Medication:

Your surgeon will direct you on when to resume any blood thinner medication. The pain medication, if prescribed, will only dull the pain. It will not remove all the pain. You may find taking some ibuprofen may help decrease the pain. Do not drink alcohol or drive while taking pain meds.

Bowel movements:

It is quite common to become constipated after any surgery (pain medication, limited walking, etc.). Most patients will be sent home with a stool softener. It is important to drink plenty of water. You may want to take some MiraLAX as well.

Concerning symptoms:

Things to be concerned about would include: a high fever (101.5 or 102), persistent nausea and vomiting, severe pain (not relieved with pain medication), jaundice (whites of the eyes turning yellow), severe redness of the incision(s), and foul-smelling drainage.

If you having any questions or concerns, please call the office: (615)757-3451