

DISCHARGE INSTRUCTIONS AFTER HERNIA REPAIR

Central Texas Surgical Associates

1. **ACTIVITIES:** Upon discharge from the hospital, the day of surgery it is requested that you do no significant physical activity and limit mental activities, as you have had sedation. The day after surgery, you may resume activities of daily living, but for three weeks, it is recommended that you do no strenuous activities or heavy lifting (greater than 15 pounds).
2. **DRIVING:** You may drive whenever you are off pain medications and are able to perform the activities needed to drive, i.e. turning, bending, twisting, etc.
3. **WOUND:** It is not unusual for patients to experience swelling and even bruising at the hernia repair site. Sometimes the bruising and swelling may extend on to the penis or into the scrotum of male patients. This will resolve over the next few days.
4. **ICE:** please use ice on the wound to decrease the swelling for the first 24 hours and then discontinue.
5. **BATHING:** The dressing can be removed the day after surgery and the wound can then be wetted in a shower as normal, but avoid submersion in water (tub bath) for at least 48 hours.
6. **PAIN MEDICATION:** You will be given a prescription for pain medication at discharge. Please take these as directed. It is important to remember not to take medications on an empty stomach as this may cause nausea.
7. **BOWEL FUNCTION:** After hernia repair, it is not uncommon for patients to experience constipation. This is due to decreasing activity levels as well as pain medications. You may wish to use a stool softener beginning immediately after surgery, and you may or may not need to use a laxative (Milk of Magnesia, Ex-lax; Senokot, etc.) as well.
8. **APPOINTMENT:** Contact our office for a follow-up appointment in 1 to 2 weeks following your procedure.

If you have any additional questions, please do not hesitate to call the office and speak to either myself or the physician on call.