

Hernia Repair Discharge Instructions

Care of the Surgical Site:

- Your Surgeon may “open” the area or use a “laparoscope” to repair the hernia.
- Regardless of the method used, the dressing(s) are to remain on for 3 days, unless otherwise instructed. You may have steri-tapes on your incision. Let them fall off on their own (usually about 7 days). It is important to keep the dressing(s) clean and dry until they are removed.
- When the dressing(s) are removed, you may shower.
- No baths or swimming until the incision(s) have healed (usually 10 days).
- When showering, gently wash around the incision(s), and then pat them dry. Do not directly wash the incision(s). If there is any drainage present, you may cover the incision(s). After 7 days, there is usually no need to do this.
- Always keep incision(s) clean and dry.
- While travelling in a vehicle, use a small pillow between the operative site (abdomen or groin) and the seat belt for more comfort.
- Take any prescribed medication as directed.
- You may apply ice to your incision(s) every 4 hours for 10-15 minutes for the first 48 hours (this will help with swelling).
- Avoid becoming constipated and straining to have a bowel movement.

Diet:

- There is no change in diet required. Eat lighter foods the day of your surgery. Examples: soup, toast, tea, ginger ale.
- If you become nauseated and/or are vomiting, take anti-nausea medication (Gravol), and switch back to liquids and lighter foods. You can gradually return to your usual diet once the nausea has been relieved.
- To prevent constipation drink plenty of fluids, including 3-5 8 ounce glasses of water daily, and increase your fibre intake with fruits, vegetables, and bran. If you have a stool softener on your prescription, take it as directed.

Activity:

- No driving for 24 hours after your surgery. If your pain medication makes you drowsy, do not drive.

- On the day of your surgery, you will go home and rest. The activity of walking around in your home will be enough for the first day. When you are lying or sitting down, do leg and breathing exercises at least every hour while you are awake. Use your pillow on your incision when you need to cough.
- Stay mobile. Walking is good exercise, but nothing too strenuous. Try and get out for a short walk every day and increase the distance as you can tolerate.
- You may shower when your dressings are removed (normally 3 days after surgery).
- Avoid lifting more than 5 kg/10 lbs. or doing strenuous activities (gardening, exercise, vacuuming etc.) for about 6-8 weeks. Discuss these restrictions with your surgeon at your first follow-up appointment

Follow-Up:

- **You will need to arrange your first follow-up appointment.** The contact information will be given to you before you go home.
- Discuss returning to work and any restrictions you have at this appointment.

CALL YOUR SURGEON OR GO TO THE NEAREST EMERGENCY DEPARTMENT IF YOU HAVE:

- Fever or chills (temperature of 38.5 C/101 F or higher).
- Bleeding that does not stop after 5 minutes of firm pressure being applied to the incision.
- Nausea and/or vomiting that is not relieved by anti-nausea medication (Gravol).
- Pain that is not relieved by the prescribed pain medication when taken as directed.
- A red, swollen or painful incision with yellow-green pus coming from it/or the incision breaks open.
- Bloating and discomfort in the lower abdomen because you have been unable to urinate for 6-8 hours..

IF YOU ARE UNABLE TO REACH YOUR SURGEON, go directly to the Emergency Department for medical attention.