

## **Post Operative Instructions for Hernia Repair - Incisional**

### **Activity**

- You may feel tired for the first couple of weeks after your operation. Take a nap when you feel tired.
- You should try to get up and walk around the house as much as possible. The more you do, the faster you will get better.
- Do NOT do any heavy lifting (nothing greater than 15 pounds).
- Do NOT drive a car while you are taking pain medicine.

### **Diet**

- Eat soft foods that are easy to digest. They will settle in your stomach better.

### **Daily Incision Care**

- It is normal to have some bruising around the incision.
- Gently wash the skin around your incision daily with mild soap and water.
- Change dressing (gauze) daily if there is one on your incision.
- You may have a drain in your incision. Dr. Bransky will inform you when it will be removed.
- You can shower, even if you have a drain in your incision. Do NOT take a bath or use a hot tub or sauna for 2-3 weeks after surgery.

### **Common Problems**

- Pain medicines can cause constipation (not being able to have a bowel movement). If you have constipation, take 1 tablespoon of Metamucil, mixed in water or fruit juice a day, for the first few weeks.

### **Call Dr. Bransky If**

- You have chills or fever greater than 101°F (or 38.3°C).
- You go 2-3 days without having a bowel movement.

### **Follow-Up**

- If you have not scheduled a follow-up appointment call Dr. Bransky's office to schedule one for 2 weeks from the day you went home.
- In case of emergencies, call Dr. Bransky and/or proceed to the nearest Emergency Room.