

Post Operative Instructions for Hernia Repair - Laparoscopic

Activity

- You should try to get up and walk around the house as much as possible. Walking will help to stretch the muscles and relieve the pain.
- You may resume exercise such as running, biking, or treadmill 1 week after surgery.
- Do NOT do any heavy lifting (nothing greater than 15 pounds).
- You can shower at any time. Do NOT take a bath or use a hot tub or sauna for 2-3 weeks after surgery.
- Sexual activity is safe as soon as you are comfortable.
- You may resume driving after the pain is gone.
- Do NOT drive a car while you are taking pain medicine.

Diet

- Drink lots of fluids.
- Your appetite upon returning home may be less than normal. Do NOT force yourself to eat. Eat only when you are hungry!

Daily Incision Care

- You may see budging at the site of your previous hernia. This is because the hernia sac is filling with fluid. The swelling will go down in several weeks when the fluid is re-absorbed.
- A few days after surgery there may be bruising of the penis or scrotum for men. There may be bruising on the genitals for women. The bruising is not dangerous and it is from the small amount of blood loss during the operation.
- Gently clean the skin around your incision daily with mild soap and water. Do not scrub.

Common Problems

- You should have a bowel movement at home in the next few days. However, 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.