

Post Operative Instructions for Hernia Repair - Open

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.
- Do NOT do any heavy lifting (nothing greater than 15 pounds).
- You can shower after the dressing comes off. 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

- Leave the Steri-Strips (little white strips of tape) in place after you take off the dressing.
- You may shower after the dressing comes off.
- Steri-Strips will curl up after a few days. They may be removed after 10 days.
- It is normal to have some bruising or swelling around the incision.
- For male patients, there may be some swelling of the testicle on the side where the hernia was and some bruising of the scrotum and penis.

Soreness

- Ice packs to the groin area can help to relieve pain and swelling.
- Take pain medicine following the directions Dr. Bransky gave to you.
- Use Ibuprofen (Motrin, Advil, or Aleve) or Acetaminophen (Tylenol) if pain is not severe. These medicines have fewer side effects than narcotics.

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.