



## **Hernia Repair**

**Surgical Date:**

**Time:**

**Location:**

The hospital or surgery center will contact you prior to surgery with all pre-operative instructions.

### **Post-Operative Instructions**

Below is a list of answers to commonly asked questions our patients have after a hernia repair surgery. This list is meant to help you understand your recovery. Each patient has a different experience, so these guidelines are general in nature.

1. **Diet:** You may wish to start out slow the night after surgery, but there are no dietary restrictions.
2. **Wound:** Remove your outer bandage 24 hours after surgery. Leave the small strips in place (steri-strips). You may shower 48 hours after surgery. Do not soak for three days.
3. **Walking is encouraged.** It is better to take your pain medicine and ambulate, than to stay in bed.
4. **Avoid heavy lifting (over 40 lbs.) and strenuous exercise.** This is individualized.
5. **Pain:** It is not unusual to have pain after surgery. Pain medicine should be taken before pain becomes severe. You may apply ice to the wound for the first few hours after surgery if it improves your discomfort.
6. **A moderate amount of swelling after surgery is normal.** Also within a few days a man will often notice purple or black coloring at the base of the penis or on the scrotum. It is normal painless bruising and will fade.
7. **Bulging where your hernia was is normal.** It may look as if your hernia has returned. It is almost always just some fluid collecting where your hernia once was. Your body will absorb it over the next few weeks.
8. **You should make a postoperative appointment 1 week after your surgery or release date from the hospital at 922-8222.**