

Roy M. Greenway Jr., M.D., F.A.C.S.  
Timothy A. Vavricka, M.D., F.A.C.S.

401 SW 80<sup>TH</sup> Street, Ste 101  
Oklahoma City, Ok. 73139  
Phone: 405-605-4265  
Fax: 405-605-4268

## **POST-OPERATIVE INSTRUCTIONS**

### **HERNIA SURGERY**

As you prepare for discharge after surgery, the following information will help you to return to your best level of health. **These instructions will override any provided to you from the hospital.**

#### **What should you expect and do after surgery?**

- Go directly home after surgery.
- Rest quietly for the first 24 hours following surgery.
- Arrange for a responsible person to stay with you overnight for your protection and safety.
- There are **NO DIETARY RESTRICTIONS**. You may not feel like eating for the first 24-48 hours. If so, start with a clear liquid diet for the first 24 hours (**soup, sport drinks, Jell-O, and other clear liquids**). Progress to a more substantial diet as tolerated (**bananas, rice, applesauce, toast**). Drink at least 8 glasses of nonalcoholic clear fluids daily. **Do not drink alcohol.**
- Start taking a **stool softener such as Colace (over the counter)** immediately following surgery: **100mg twice daily until no longer taking pain medication**. You may also use in conjunction with the stool softener Miralax: 1 cap full twice a day. If you do not have a bowel movement within 48 hours then you use Milk of Magnesia as directed.
  
- You will have pain following your surgical procedure. Take the **pain medication regularly as directed by the physician, but DO NOT take more than directed**. This is intended for comfort to alleviate the pain, but will not relieve all the pain. **Do not take the pain medication without eating 20-30 minutes prior. DO NOT DRINK ALCOHOL WHILE TAKING THE PAIN MEDICATION.**
- Cold packs** can be used to help reduce swelling and pain from the surgical incision. Place ice packs over the surgical site 30 minutes to 1 hour on and 30 minutes to 1 hour off for the first 24-48 hours. **Do not place ice packs directly on skin. Always cover ice packs with a cloth or outside of your clothing.**
- You may shower after 24 hours of surgery. Take care in being gentle when

cleaning over any surgical areas. Towel dry completely and place bandages if necessary to surgical sites. Do not soak incision sites.

- ☒ Change the bandage (**including incisions closed with staples**) after the first 24-48 hours. Wash hands before touching your incision(s). Clean the incision with soap and water. Do not apply antibiotic creams to the incision. Apply clean dressing if needed for comfort. **If steri-strips (strips of tape used to close the incision and help it to heal) were used on your incision, do not pull them off.** They should fall off on their own.
- ☒ Return to limited activity (no running, pushing, pulling, lifting or straining) after the first 24 hours. The earlier you are up walking and moving the better you will feel, and quicker you will recover.
- ☒ Resume all home medications, unless otherwise directed by the physician.

### **What should you NOT do after surgery?**

- ☒ You have had general anesthesia, so it may take a day or more to fully recover. For the first 24-48 hours following surgery: **do not** drive, **do not** operate heavy machinery.
- ☒ **DRIVING IS PROHIBITED WHILE TAKING PAIN MEDICATION!**
- ☒ **NO LIFTING** over 10-15 pounds, or perform any strenuous activity for at least 2 weeks.
- ☒ Do not have sexual intercourse for at least 1 week or until the physician releases you to do so.

### **If you experience the following symptoms:**

- ☒ **BLEEDING:** You will have some bleeding for the first 24-48 hours. On some occasions you can see the blood through the bandages. If you have blood running out from under the bandage, apply pressure to the outside of the bandage for at least 5 minutes. Change the dressing if it continues to bleed. Continue to apply pressure. Call the office if the bleeding does not slow or stop after 30 minutes.
- ☒ **BRUISING OR SWELLING:** This is normal. Anytime you have trauma to the body the natural response is bruising and swelling. You may apply ice to the surgical area for 30 minutes to 1 hour on and 30 minutes to 1 hour off for 24-48 hours. **DO NOT APPLY ICE TO BARE SKIN. WRAP ICE/ICE PACK IN CLOTH OR PLACE OUTSIDE OF CLOTHING.**
  - **INGUINAL HERNIA REPAIR:** You may experience swelling and bruising in your groin and testicles, and possibly to your thighs. This can persist for approximately 1-2 weeks. **Follow applying ice instructions above.**
- ☒ **NAUSEA AND/OR VOMITING:** Often, pain medication is the cause for nausea/vomiting. It is very important to eat something before taking the pain medication. This will help to minimize or eliminate this problem. Another common cause is anesthesia. This will normally last only 24 hours. Try a clear liquid diet for the first 24 hours, and limit the pain medication until this problem is resolved. If this problem persists for more than 24 hours, please notify our office for further instruction.

- ☒ **REDNESS AROUND THE INCISION:** Your incision may have some redness and swelling following surgery. Notify our office if continued swelling or redness occurs. **Notify our office if you have red streaks from your incision.**
- ☒ **DRAINAGE AROUND THE INCISION:** You may have some clear drainage or sometimes light bloody color drainage, which is normal. If the drainage is thick, has color or odor to it, you need to notify our office. In order to prevent this, clean the incision daily with soap and water, and apply clean dressing.
- ☒ **CONSTIPATION:** Most often, this is a direct result of the pain medication. As a precaution, you should start taking a stool softener immediately following surgery. **COLACE** (over the counter): 100 mg twice daily. Drink at least 8 glasses of nonalcoholic clear fluids daily. You may also use in conjunction with the stool softener Miralax: 1 cap full twice a day. If you do not have a bowel movement within 48 hours then you use Milk of Magnesia as directed. Walking can help relieve constipation.
- ☒ **TEMPERATURE OF 101.0 OR HIGHER:** try Tylenol, Motrin or Ibuprofen. You may alternate Tylenol and Motrin every 4 hours. If your temperature does not come down after 8 hours, call the office for assistance.

**URINATING: Call your physician if you are unable to urinate immediately**