

Post Operative instructions for Laparoscopic and Open Hernia repair

The laparoscopic and open hernia repair is performed to ventral, inguinal, incisional, and umbilical. To smoothen the recovery, you should take few measures after the operation.

Confirm your postoperative visit 10 days after surgery.

What are Drains?

Occasionally, drains are used post-surgery to assist faster healing. Drains resemble a piece of rubber in the form of a tube used to secure a suture. They need to be covered always with a clean gauze until the next review. You will be instructed on emptying and documenting 24hr totals on each drain.

Caring Your Wound

- You should remove outer dressing only 24 hrs post-surgery. The surgical area may be covered with gauze. To remove that, you must soak the area with warm water for few minutes which will moist the gauze and allows it to remove easily. Follow doctor instructions on covering the surgical area after cleaning.
- Change the dressing daily and if it becomes moist or wet anytime.
- On instructions of the surgeon, you may shower after 24hrs. You must not swim or perform any sports or activities that immerse your body in the water until your surgical area is fully healed.
- Avoid driving till the time you are taking painkillers.

Diet After Operation

You must be restrictive on your diet after surgery. Instead of switching on to fatty and spicy food after surgery, it is advisable to slowly increase the content of fat and spices in your daily meal. In case of indigestion or nausea, resume a bland diet so that your digestive system may get enough time to cope up. You may contact us if the situation worsens.

Plan Your 6 Weeks Post-Operation

- Walk regularly and the more you can.
- Do not do any strenuous exercises that may create tension in the abdomen.
- Do not hold more than 20 pounds of load.
- Running and biking can be done at your convenience.
- Avoid driving until you recover from pain.

- Avoid prolonged bed rest.
- Avoid sitting on a recliner with your head and feet elevated.
- The testicular swelling in men in case of inguinal hernias can be decreased with an athletic support.

For inguinal hernias in men, an athletic support may help decrease testicular swelling, and sitting in a recliner with your feet and head elevated should be avoided.

Handling Constipation and Bloating

- Increasing activity helps in reducing your bloating.
- Drink plenty of water, especially morning to overcome constipation.
- Use a suitable stool softener such as mineral oil or a laxative.

Contact Us If:

- You have a temperature of 100.5 degrees or higher.
- You have developed unusual symptoms at the surgery place, which may include bleeding, redness, tenderness, etc.
- You are experiencing shortness of breath.
- If you are unable to urinate even after 8hrs of surgery.
- When pain medication cannot control the pain.

Smoking

If the surgical patient has a smoking habit, it can create a multitude of problems in the patient's recovery. The patient should not smoke two months before and two months after the surgery.

Refilling Medication:

Please contact the pharmacy directly. The refills are expedited when the pharmacy is contacting our office.