

DISCHARGE INSTRUCTIONS FOLLOWING HERNIA SURGERY

1. Avoid heavy lifting or straining for four weeks. This means no more than 5-10 pounds. No strenuous exercise, housework or chores around the house.
2. You may shower 48 hours after your surgery and remove the bandages. You may reapply a clean bandage if you desire or if there is drainage from your incision. If you have staples, they will be removed at your first appointment.
3. You may eat anything you wish unless otherwise instructed by your doctor.
4. Avoid driving a car for the first week after you go home unless it is absolutely necessary. Short car rides should not be a problem aside from making you tired.
5. You may need to take pain medication periodically due to incisional pain, but this will only be necessary for a few days. You will either be given a prescription or one can be called into the pharmacy for you. You should not drive a car or operate equipment while taking pain medication.
6. You may require other medications and you will get prescriptions for them as needed. Requests for prescription refills should be made to your pharmacy during our regular office hours, Monday through Thursday 9 a.m. to 5 p.m. and Friday 9 a.m. to 4 p.m.
7. The most common complaints after surgery are lack of energy and becoming fatigued easily. This is due to the physical and emotional stress of surgery and may take several weeks to go away. Get plenty of rest and light exercise, such as walking, to help your energy return more quickly.
8. Should you begin to have significant redness, swelling or increasing tenderness around the incision, or if you start running a fever of 101 degrees or higher, you should contact the office at (817)267-2678 immediately.
9. It is not uncommon to have irregular bowel habits following surgery. If you feel it is necessary, you may take a mild laxative such as Milk of Magnesia.
10. You will need to be seen in the office for routine postoperative checkups from one to three weeks after discharge. You should call the office when you get home to set up your appointment.
11. If you have any other problems or questions, do not hesitate to call the office at (817)267-2678.