

## **POSTOPERATIVE INSTRUCTIONS LAPAROSCOPIC HERNIA REPAIR**

1. You will be given a prescription for pain pills. While taking this medication, avoid driving a car, drinking alcohol, or engaging in vigorous physical activity.
2. Avoid lifting over 10-15 pounds for the first two weeks.
3. You may eat normally after surgery, but constipation may be a problem due to the effects of general anesthesia and pain medication. If you have any problems with bowel movements, you may take a stool softener (Surfak, Dulcolax, Colace, or a mild laxative such as Milk of Magnesia).
4. You may have a sore throat and/or hoarseness from the tube used for your anesthetic. This is normal.
5. You may shower in 48 hours. You do not need to cover the area with another band aid unless there is drainage.
6. You may apply ice bags to incision sites for 20 minutes as frequently as needed for the first 72 hours.
7. You will need to be seen in our office in 7-10 days for a follow-up visit. Please call our office to set up this appointment.
8. Call our office if you notice any of the following potential complications:
  - \*Severe abdominal pain.
  - \*Unexplained fever (temperature of 101 degrees F).
  - \*Redness, swelling or drainage from the incision.

If you have any questions or problems, don't hesitate to contact our office at (817) 267-2678.

