



Post-Op Hernia Repair Instructions

A hernia is a tear or weakness in the wall of the abdomen. This may be present at birth (congenital) or it may develop as a result of the stresses, wear and tear of daily living. Hernias usually get worse with time, weight gain or physical stress. The following instructions will help you recover post-operatively:

ACTIVITY AFTER DISCHARGE

- Ø Don't drive unless you are completely pain-free and off the pain meds
- Ø Don't lift anything heavier than 10kg for 6 weeks post-op
- Ø Don't mow the lawn, vacuum, or do other strenuous activities for 6 weeks post-op
- Ø Do walk around, in- or out-doors and up & down stairs, at a relaxed speed
- Ø **Avoid constipation** caused by the analgesia (painkillers) you were given!
 - Ø Eat fruits, veggies and whole grains
 - Ø Try to drink 6-8 glasses of water daily unless otherwise instructed
 - Ø Use a laxative or mild stool-softener (Movicol is available OTC)
- Ø Sexual activity is fine as long as it is tolerable. If it hurts, STOP

BANDAGE & INCISION CARE

- Ø Remove any gauze bandage/s in 72 hours
- Ø If strips of tape (called SteriStrips) were used to close your incision, don't remove them, wait for them to fall off on their own. Dissolving stitches were used under the skin to assist in closure
- Ø You may shower with the dressing but try to keep it as dry as possible
- Ø Once the dressing is off wash the wound with liquid soap and water. Do not use anything else e.g. Dettol, Bactroban etc unless explicitly instructed to do so by Dr. You may apply other dressings until the wound is closed/comfortable. Once it is completely closed you can massage it with a cream/oil to reduce the appearance of the scar

WHEN TO CALL YOUR DOCTOR

Call your doctor (or go to Casualty if Dr isn't available) immediately if you have any of the following:

- Ø Heavy bleeding - not a small amount natural after surgery
- Ø Increasing pain unalleviated by analgesia
- Ø Increased redness or drainage of the incision
- Ø Consistent fever of 38.6°C or higher
- Ø Nausea or vomiting

Follow-up appointments are not required unless something seems wrong or if you are concerned about something. If that is the case please feel free to contact the rooms for an appointment.