

Post-Op Instructions After Open Inguinal Hernia Repair

Incision Care

- Pain, bruising, and swelling of the groin, penis, and scrotum are common occurrences.
- It is not uncommon to feel a lump in the area where the surgery took place. Generally this represents a “healing ridge” which develops as your body starts to mend and is a normal process.
- You may use an ice pack on the groin for 30 minutes, then no pack for an hour, then repeat.
- If Steri-Strips were used:
 - You may shower. Remove the external dressings in 48 hours and dispose of properly.
 - The tapes over the incisions stay on for up to 7 days, and then you can remove them.
- If Dermabond (skin glue) was used:
 - You may shower now, but do not vigorously scrub the incisions.
 - The Dermabond will flake off in 7-10 days. Do not pick at the incisions.
- Avoid immersing the incisions in a bathtub, pool, or hot tub for 2 weeks.

Activity

- You may get up and walk around later today, but avoid activities that involve pushing or pulling
- No heavy lifting (over 15 pounds) or vigorous exercise for 3-4 weeks to reduce stress on the site.
- You may drive when you are off the pain medication for 24 hours, and able to push the brake pedal with force if necessary to stop quickly.
- Listen to your body and use common sense– if it hurts to do something then it is too soon to do it.
- For men, an athletic supporter can be helpful for the first week or two after your surgery.

Diet

- You may resume a normal diet, but drink plenty of liquids for the first few days.

Pain Medications

- You will be given a prescription for a narcotic containing pain medication such as Percocet or Lortab. Take them with food and plenty of water. They can cause drowsiness and nausea.
- The pain medication may cause constipation. If so, take milk of magnesia as per the directions on the bottle. You may also use an over the counter stool softener like Colace.
- Do not drive, operate heavy machinery, or make important decisions while taking the narcotic pain medications.
- If approved by your doctor you may also use Ibuprofen or Motrin starting 48 hours after surgery with food to prevent an upset stomach.

Follow-Up

- Please call the office at 341-5311 to schedule an appointment in 2 weeks if not already scheduled.

Call our office at 341-5311 during business hours or after hours call the hospital at 341-2556 if:

- Fever over 101°F, spreading redness and swelling or drainage (bleeding or pus) from the incision.
- Worsening pain, or swelling and pain involving the testicle on the side of the operation.
- Persistent nausea, vomiting, constipation, abdominal pain, or inability to urinate after 12 hours.

I HAVE RECEIVED AND UNDERSTAND THESE INSTRUCTIONS

_____ Patient/Guardian Date _____