

**Post-Op Instructions After Open Umbilical or Ventral Hernia Repair**

**Incision Care**

- 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.
- It is also common to have some bruising around the area of the incision.
- 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.
- You may have an abdominal binder. Wear it until cleared by the doctor to remove it.
- If you have a drain in place, record the output and bring the log to the office at your next appointment and be sure to strip the drain at least once a day to prevent clogging.

**Activity**

- It is OK to climb stairs.
- 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 6 weeks to reduce stress on the repair.
- 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.
- You may resume light exercise carefully in 4-6 weeks, but if there is pain with the activity, stop.

**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 instructions on the bottle. You may also take an over the counter stool softener such as Colace.
- Do not drive, operate heavy machinery, or make important decisions while on the medications.

**Follow-Up**

- Please call the office at 341-5311 to schedule within 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, significant swelling or drainage (bleeding or pus) from the incision site.
- Persistent nausea, vomiting, constipation, abdominal pain, or inability to urinate.
- In case of emergency, go to the Claremore Regional Hospital Emergency Room.

***I HAVE RECEIVED AND UNDERSTAND THESE INSTRUCTIONS***

\_\_\_\_\_ Patient/Guardian                      Date \_\_\_\_\_