



## **DISCHARGE INSTRUCTIONS AFTER OPEN HERNIA SURGERY (INGUINAL, UMBILICAL, VENTRAL)**

### **Incision:**

- Remove band-aid/surgical tape and gauze dressing, if present, in 24 hours.
- Remove steri-strips (narrow white tape strips) if present, one week after surgery. Gently pull them off; they will not fall off by themselves. You may shower with the strips on.
- If clear skin glue is present over incision, leave it alone for one week. You may remove it thereafter if desired.
- You may shower 24 hours after hospital discharge.
- Expect slight redness, swelling, and hardness around the incision. You may apply ice to the area during the first 48 hours after surgery. After 48 hours, you may then use a heating pad at medium setting or a warm compress for discomfort around the incision.
- Cover incisions with gauze if desired but is not necessary.

### **Activity:**

- Resume normal, nonstrenuous activity (walking, household chores, etc.) within 24 hours.
- You may climb stairs.
- You may drive 48 hours after your procedure if you're no longer taking prescription pain medication.
- Avoid lifting greater than 20 pounds for 2 weeks.
- Avoid core abdominal exercises for 4 weeks.

### **Diet:**

- Eat a bland diet for the first meal after your surgery.

### **Follow-Up:**

- If your post-op appointment hasn't already been made, please call the office to schedule.
- Your doctor will need to see you in 2-3 weeks after surgery.

### **FAQ**

- Pain medications, especially narcotics, can cause constipation, so drink plenty of fluids while you are taking them. You may take an over-the-counter stool softener or laxative for relief. You may also experience nausea if pain medication is taken on an empty stomach.
- It is common to have a sore throat from the breathing tube that was placed during surgery. This discomfort should diminish within 24-48 hours.
- You may experience low-grade fever (99-100 degrees) from decreased activity after surgery.
- Tylenol and Motrin are effective medications for mild to moderate pain. You may them take as directed.

**CALL THE OFFICE FOR TEMPERATURE OVER 101 DEGREES, PERSISTENT VOMITING,  
UNCONTROLLED PAIN, OR SHORTNESS OF BREATH.**

**PHONE: 678-894-2151**