

POST-OP RECOVERY GUIDE FOR HERNIA SURGERY PATIENTS

🩺 Designed by Dr. Carlos Rodriguez 🩺



NO HEAVY LIFTING

Avoid lifting objects over 10 lbs* (e.g., trash cans, groceries)



NO STRENUOUS ACTIVITY

Avoid mowing the lawn, intense exercise, and heavy work



GENTLE MOVEMENT

Do gentle walking daily; slowly & increase as tolerated

PATIENT NAME: [.....]

SURGERY DATE: [___ / ___ / ___]

EXPIRATION DATE: [.....]

This card expires 4 weeks from surgery date

Take it easy & recover well. Contact your doctor with concerns or to be released from restrictions early!