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HERNIA REPAIR INSTRUCTIONS

1. Keep ice on the incision site the day of your surgery. This will help to control your pain and bruising after the operation. You may continue the ice after 24 hours if you feel it is helpful.
2. Take your pain medicine as directed. This is not a contest to see who can put up with the most pain. I would rather see you take the medicine and have you up and about than see you prove how tough you are but not be able to move.
3. In most cases we place either a clear, waterproof dressing over a 2 x 2 gauze and staples, at the surgery site or surgical glue. The bandage should be left in place until you see us in the office, typically one week after surgery. If you have surgical glue in place it will generally flake off over a few weeks. You may have a little blood or bleeding under this dressing but this is okay. If there is any leakage from under the dressing, please contact us. Since this dressing is waterproof, you may shower at any time.
4. Expect some bruising. This can occasionally be spectacular. This looks terrible but will fade away over several days to weeks. There will be no permanent problem from the bruise.
5. Try to be as active as possible. You can go up and down stairs without endangering yourself or the repair, but do not perform any heavy lifting (greater than 10-20 pounds). **DO NOT DRIVE** until you are off prescription pain pills and able to perform emergency maneuvers without thinking twice. Please try to avoid any activity that will result in direct trauma to the surgery site (it would probably hurt).
6. Eat a normal diet. Use of alcohol may interfere with medications being taken. Avoid drinking alcohol during this post-op time.
7. If you have a problem having a bowel movement try an “over the counter” laxative such as Milk of Magnesia. The pain pills can be constipating and many patients are fearful of having a bowel movement after a surgery such as this. Let nature take its course but don't hesitate to give it a nudge if required.
8. Call the office, when you arrive home after surgery, to set up a follow-up appointment for **ONE** week after your surgery.
9. **DO NOT HESITATE TO CALL US IF YOU HAVE ANY QUESTIONS OR PROBLEMS ANYTIME.**