Hernia Repair

HOME CARE

- You may have changes in your bowel movements.
  - You may have loose or watery poop.
  - You may be not able to poop.
  - Your bowels will slowly get back to normal.
- You may not feel like eating. If there is a food that makes you sick to your stomach, **do not** eat it. Eat small meals 4 to 6 times a day instead of 3 large ones.
- **Do not** drink soda pop. It will give you gas.
- **Do not** drink alcohol.
- **Do not** lift anything heavier than 10 pounds. This is about the weight of a gallon of milk.
- Do not do anything that makes you very tired for **at least 6 weeks**.
- Do not get your wound wet for 2 days.
  - You may take a sponge bath during this time.
  - After 2 days you may take a shower. After you shower, gently pat your incision dry with a towel. Do not rub it.
- **For men**: You may have been given an athletic supporter (scrotal support) before you left the hospital. It holds your scrotum and testicles closer to your body so there is no strain on your wound. Wear the supporter until your doctor tells you that you do not need it anymore.

GET HELP RIGHT AWAY IF YOU:

- Have watery poop, or cannot poop for more than **3 days.**
- Feel sick to your stomach or throw up more than 2 or 3 times.
- Have a fever of 101º F (38º C) or more.
- See redness or swelling around your wound.
- See yellow or green fluid or pus coming from your wound.
- See a bulge or bump in your lower abdomen or near your groin.
- Develop a rash, trouble breathing, or any other symptoms from medicines taken.

Easy-to-Read style based on content from Parkland Health & Hospital System, Dallas, Texas

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