Hernia, Surgical Repair
Care After Surgery

Refer to this sheet in the next few weeks. These discharge instructions provide you with general information on caring for yourself after you leave the hospital. Your caregiver may also give you specific instructions. Your treatment has been planned according to the most current medical practices available, but unavoidable complications sometimes occur. If you have any problems or questions after discharge, please call your caregiver.

HOME CARE INSTRUCTIONS

- It is normal to be sore for a couple weeks after surgery. See your caregiver if this seems to be getting worse rather than better.
- Put ice on the operative site.
  - Put ice in a plastic bag.
  - Place a towel between your skin and the bag.
  - Leave the ice on for 15 minutes at a time, 4 times a day for the first 2 days.
- Change bandages (*dressings*) as directed.
- Keep the wound dry and clean. The wound may be washed gently with soap and water. Gently blot or dab the wound dry. **Do not** take baths, use swimming pools, or use hot tubs for 10 days, or as directed by your caregiver.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Continue your normal diet as directed.
- **Do not** drive until your caregiver says it is okay.
- **Do not** lift anything more than 10 pounds or play contact sports for 3 weeks, or as directed.
- Make an appointment to see your caregiver for stitches (*sutures*) or staple removal when instructed.

SEEK MEDICAL CARE IF:

- You have increased bleeding coming from the wounds.
- You have blood in your stool.
- You see redness, swelling, or have increasing pain in the wounds.
- You have fluid (*pus*) coming from the wound.
- You have an oral temperature above 102° F (38.9° C).
- You notice a bad smell coming from the wound or dressing.
- You develop lightheadedness or feel faint.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop a rash.
- You have difficulty breathing.
- You develop any reaction or side effects to medicines given.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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