



(626) 584-6116

**IF YOU CALL AFTER OUR OFFICE HOURS THE DOCTOR WILL BE
PAGED AND CALL YOU BACK.**

POST OPERATIVE HERNIA CARE

You have just had hernia surgery.

Go directly home.

Once you have eaten you should take your medications that were prescribed.

HEALTHY EATING

- **The day of your surgery** drink abundant liquids such as water, juices, or Gatorade. **Drink a minimum of 6 to 8 full (8 oz.) glasses of liquids.**
- **The day of your surgery** start by eating small amounts of easily digestible foods such as soups, rice, or boiled vegetables.
- **The day after your surgery** you may eat anything that agrees with your stomach.

WALKING

- **The day of your surgery** relax in bed or in a comfortable chair. You may walk as far as the bathroom or the table for your meals.
- **The first day after surgery** start progressive walking (walking within your house). You will probably need some assistance to start walking.
- When you walk look at yourself in the mirror and be sure that you have an erect posture even if it means walking slowly. This will prevent you from developing back problems.
- Do not stay in bed the first day after your operation. You are advised to walk or remain in a comfortable chair. If you feel very tired or in pain it is permissible to take a nap during the day after lunch, but do not spend the entire day in bed.



- **The second day after surgery**, begin by walking in and outside your house. (Back yard, garden)
- **The third day after surgery** you may leave your house. By the third day you should begin to take two long walks per day: One in the morning and the other in the evening. Progressively increase the distance of the walks each day until you are walking for about thirty minutes each time. Be careful to pay close attention to your posture while you walk. Stretching the surgical area is important it will be sore but it will help you heal faster.

BOWEL HABITS / CONSTIPATION

- You may become constipated as a result of the pain medication.
- We recommend that you take a high fiber diet and a stool softener.
- If you are unable to move your bowels by the second post-operative day we recommend a stronger laxative called Magnesium Citrate (liquid form) and this can be purchased at any pharmacy without a prescription.

DRESSING CARE

- Keep your dressing clean and dry.
- We recommend that you apply ice or cold pack over the area for the first 3 days. You can apply it for 15 minutes every hour but only while your awake.
- It is normal to experience pain, swelling, redness, and a small amount of oozing or discharge from the incision site.
- It is normal to experience a slight temperature elevation.
- It is normal to experience bruising in the incision. If you are a male and your hernia repair was in the groin area there will be bruising and swelling in the testicle area. (The swelling and bruising may be severe depending on your particular surgery.)



MEDICATIONS

- Resume your regular medications after surgery.
- Purchase all medications prescribed to you.
- Pain medications are given to everyone to be taken as prescribed. Antibiotics may be prescribed for one day or longer depending on your surgery. If you were not given antibiotics it is because it was given to you during the procedure.

BATHING AND SHOWERING

You may take a sponge bath or shower within 24 hours of your surgery. However, you must be very careful that your bandage does not get wet or it may cause an infection. Five days after surgery, you may remove the outer dressing. Do not remove the sterile strip tapes that are underneath the outer gauze. After the 5 days you can take a 15-minute soaks/baths in warm water daily. The warm water will alleviate the pain. You can also use a warm compress, heating pad or a hot water bottle. On the 5th day you can wash the area of surgery directly with warm water and soap. There is no need to cover it with another gauze or bandage.

CALL YOUR SURGEON IF:

- You have difficulty urinating.
- You have a fever over 101 F.
- Your incision becomes red, foul smelling or has excessively bloody discharge (where the entire gauze is covered in blood).
- You feel overly sleepy, dizzy, or groggy (medication may be too strong).
- You have side effects from your medication such as nausea, vomiting, redness, a rash or itching.