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HERNIA REPAIR POSTOPERATIVE INSTRUCTIONS:

AFTER SURGERY:

DRESSINGS: It is ok to shower over the Tegaderm (clear plastic dressing) at any time. In 2 days remove the plastic dressing and gauze pad. Against the skin is a steri strip which should not be removed. You will need no further dressings. The steri strip will peel off after 7 -10 days. Showering will not disrupt the steri strip (it is glued on). There are no external stitches, only internal ones, which your body will absorb. Dermabond is a topical skin adhesive that maybe have been used in place of a dressing. It is ok to shower with this, it will come off in 7 – 10 days.

IF YOU HAVE A ON Q PAIN PUMP: The Tegaderm and gauze should be removed as soon as the fluid pouch is gone but no later than 72 hours after surgery. You can slide the pain pump catheter out. Refer to the ON Q handout for further instructions. Additional information regarding the ON Q post-operative pain pump is available on our website at <https://www.evergreenhealth.com/temporary-pain-management>.

PAIN CONTROL: Take the prescribed pain medication (with food) regularly for the first few days to control the level of discomfort. Splint the incision with your hand if you cough or sneeze. For male patients, if your hernia repair was in the groin area (inguinal or femoral) you may experience swelling, bruising, and/or discomfort into the scrotum. You may wear support briefs or a jock strap. The swelling should subside in 3 – 5 days. Applying an ice pack intermittently for the first 24 hours post op may help relieve pain and swelling.

DIET: Start with liquids and follow with a light meal. If you experience any nausea please call our office. The pain medication, surgery, and lack of activity almost always cause constipation which will increase your pain. Take Metamucil, Milk of Magnesia, prune juice, fiber, or over the counter stool softeners, and drink a lot of liquid (e.g. 4-6 large glasses of water or fruit juice a day) to help prevent constipation.

ACTIVITY: Rest the remainder of the day of surgery. While walking/climbing stairs lock knee of affected side when supporting weight. You should have someone with you 24 hours postoperatively because of the anesthesia. You may get up to use the bathroom the first day and then gradually increase activity each day as pain decreases. Avoid straining, heavy lifting, and strenuous exercise for several weeks until you are given the “ok” from your surgeon. Activity level will be discussed during your first postoperative visit. Do not drive or drink alcohol while taking narcotic pain medication. It is ok to drive when you are off the narcotic pain medicine and feel you are able to make an emergency stop.

SYMPTOMS TO REPORT: A fever over 101.5 degrees Fahrenheit, increased bleeding or drainage, a major increase in pain, or an inability to urinate for 8-10 hours. Groin swelling is common in inguinal and femoral hernia repairs. Rest, ice, and elevation is helpful along with your pain medication.

POST OPERATIVE CHECK: Please call 425.899.5500 to schedule your 1 week postoperative appointment. **FOR DR. JOHNSON’S PATIENTS:** Schedule your postoperative appointment for 2 weeks after surgery or sooner if you’re experiencing any problems.