



Inguinal Hernia Repair Post-op Instructions

Diet

- Start with clear liquids today to prevent nausea, vomiting and constipation, (soup, Jell-O, juices, popsicles, and carbonated beverages.) Drink plenty of water (at least 8 large glasses a day.)
- Advance to regular diet tomorrow. Eat lots of whole grains, fruits, green leafy vegetables. Avoid dairy products or foods that cause constipation.

Medication

- Take pain medication ordered by your doctor. Take crackers or toast with pain medication while on clear liquids.
- _____
- Take stool softeners as prescribed.
- _____

Activity

- Rest for the next 24 hours.
- Walk to bathroom and other short distances only, on night of surgery.
- On next day, get up and walk as tolerated.
- Do not make sudden position changes; if lying down; sit for a minute before standing.
- No lifting greater than 10 pounds for 6 weeks.

Dressing

- Keep your dressing clean and dry for 48 hours.
- You may remove the outer dressing after 48 hours.
- If you have a clear plastic dressing, keep on for 48 hours, then remove.
- If you have steri strips (thin strips of white tape), leave them in place until your appointment with your doctor. The steri strips may fall off on its own in approximately 10 days.

Bathing

- May shower after 48 hours. Gently pat-dry wound area with soft clean towel.
- No bathing, immersion or swimming for at least four (4) weeks.

Miscellaneous

- No alcohol or driving for 24 hours after surgery or while taking pain medicine.
- Do not make any personal or business decisions for 24 hours.
- You should have a responsible adult with you for the rest of the day and night.



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Special Instruction

- Use an ice pack to the incision for 48 hours (30 minutes on, 30 minutes off) while awake. Use a thin cloth between incision area and ice pack.
- Wear athletic support or jockey shorts (briefs) for the next 7 days minimum.
- Avoid constipation.
- Avoid straining with bowel movements.
- Avoid foods that cause constipation such as dairy products, red meat, processed foods such as pizza, frozen dinners, pasta, sugar products such as cakes, pies, pastries, doughnuts and caffeine and caffeine drinks.

What to Expect

- Some discomfort, but this should not be excessive.
- Some swelling and bruising into the scrotal area.
- Mild amount of drainage.
- Bowel movement irregularity is expected with pain medication (take stool softener for constipation, as ordered.)
- You may feel sleepy during the day, but not excessively so.
- You may have some nausea or vomiting the day of surgery, but this should not persist.
- You may have a sore throat, if you had a general anesthetic.

Possible Problems

Call your surgeon if:

- Unable to drink liquids in the morning because of nausea.
- Unable to urinate within an 8 hour period after your surgery.
- Temperature above 101.5° F.
- You notice excessive bleeding or unexpected drainage from the incisions.
- You notice the incision is red, inflamed and hot to the touch.
- Wound edges open or separates.
- Nausea or vomiting 24 hours after surgery.
- Excessive pain uncontrolled by medication (pain medication may not completely eliminate discomfort).



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Telephone numbers to call with Problems or Questions

Surgery Clinic: Department 286

Mon – Fri, 8:30 a.m. to 5 p.m.
(408) 851-2000

Medical Offices Call Center

Mon – Fri, After Business Hours, Weekends and Holidays
(408) 554-9800

Emergency Department

Open 24 hours
(408) 851-5300

Anesthesia Service Line

Open 24 hours; your call will be returned within one business day.
(408) 851-6020

Follow-up Appointment

Name:

Place:

Date:

Time:

Return to Work:

Medical Provider: