Laparoscopic 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 driving for one week.
- No lifting greater than 10 pounds for 6 weeks.

**Dressing**
- There will be 3 to 4 small incisions in the abdominal area. Your incisions will be closed with skin clips or sutures as determined by your surgeon. Dressings will cover your incisions.
- Keep your dressing clean and dry for 48 hours.
- You may remove the outer dressing after 48 hours. After you have removed the dressing, you may cover your incisions with Band-Aids or leave them open to air, which ever is more comfortable.
- 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.
- If you have Indermil, a topical skin adhesive, this would naturally slough off your skin in 5 to 10 days. Do not rub, scratch, or pick at the Indermil. Do not apply any medications or any products to wound while Inderm is in place.

**Bathing**
- May shower after 48 hours. Gently pat-dry wound area with soft clean towel.
- No bathing, immersion or swimming for at least 10 days.
What to Expect

- Right shoulder discomfort, chest tightness, bilateral shoulder discomfort for 24 to 48 hours after surgery, gradually this will go away. It is caused by the carbon dioxide used to inflate your abdomen during the procedure. Carbon dioxide is a gas and like all gases, tends to travel upwards, settling on your chest or shoulders.
- Soreness in the abdominal area similar to an ache you would feel after starting a new exercise program involving your abdominal muscles. The ache will gradually go away within a few days.
- Your abdomen may be distended for a few days after surgery.
- There may be a large black or blue area (bruise), on your abdomen to your hip. This may appear within the first week after surgery. It is caused by blood pooling under the skin from your surgery. Your body will reabsorb this blood over time. The bruise will turn yellow and disappear in time.
- Bowel movement irregularity is expected with pain medication (stool softener for constipation, as ordered.)
- You may feel sleepy during the day, but not excessively so.
- You may have some nausea or vomiting, but this should not persist.
- You may have sore throat.

Special Instruction

- Avoid constipation.
- Avoid straining with bowel movements.
- Avoid foods that cause constipation.

Possible Problems

Call your surgeon if:

- Unable to drink liquids in the morning because of nausea.
- Unable to urinate 8 hours after your surgery.
- Temperature above 100.5°F.
- You notice excessive bleeding or unexpected drainage from the incisions.
- You notice extreme redness or warmth around your incision sites.
- Wound edges, opens, or separates.
- Nausea or vomiting 24 hours after surgery.
- Excessive pain (pain medication may not completely eliminate discomfort).

Miscellaneous

- No alcohol for 24 hours 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.
Laparoscopic Inguinal Hernia Repair
Post-op Instructions

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

Follow-up Appointment

Name: 
Place: 

Date: 
Time: 

Return to Work: 
Medical Provider: 

© 2012, The Permanente Medical Group, Inc. All rights reserved. Santa Clara Health Education.
Department of Surgery (Revised 01-12) RL 7.4