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POSTOPERATIVE INSTRUCTIONS AFTER OUTPATIENT HERNIA SURGERY

Pain Control:

At Center for Hernia Repair, our emphasis is on making your experience as painless as possible. Most patients will not require prescription pain medication after outpatient hernia surgery.

We recommend the following OTC medications as long as there are no allergies or contraindications:

FOR PATIENTS THAT WEIGH UNDER 150 POUNDS:

1. Acetaminophen 325 mg – 2 pills every 6 hours for a maximum of 7 days.
2. Ibuprofen 200 mg – 2 pills every 6 hours for a maximum of 7 days.
3. Colace 100mg – 1 pill every 12 hours until normal bowel habits return.

FOR PATIENTS THAT WEIGH OVER 150 POUNDS:

1. Acetaminophen Extra Strength 500 mg – 2 pills every 8 hours for a maximum of 7 days.
2. Ibuprofen 200 mg – 3 pills every 6-8 hours for a maximum of 7 days.
3. Colace 100mg – 1 pill every 12 hours until normal bowel habits return.

Incision Care:

Your incision will usually be sealed with a skin sealant and no dressing is required in this case. If there is a dressing, this should be removed in 1-2 days and no further dressing is necessary unless instructed otherwise. Showering and bathing can be enjoyed 24 hours after surgery.

Swelling and Bruising:

This is an **expected** occurrence after hernia surgery and can extend into the genital region. It often becomes very significant (do not be alarmed) on day 3-5 and resolves usually within 10 days. You do not require any treatment for this. If you wish, you may use an ice pack and a compression garment to control the swelling.

Eating:

Minimize the amount of food at each meal for the first 48 hours. There are no specific restrictions on what you can eat.

Driving:

Driving may resume 3 days after surgery as long as you are not experiencing disabling pain and you are not taking prescription pain medication.

Activity:

There is no restriction to normal daily activities immediately after surgery. We encourage you to walk and walk up and down stairs as long as you are not limited by your discomfort.

Lifting up to 20 pounds can be performed immediately.

Returning to Work:

For those patients that work in an office setting without a lot of physical work, it is reasonable to return to work in 3 days if you are not requiring prescription pain medication.

For those patients that work in a physically demanding setting, your return to work schedule and restrictions will be prescribed by your physician on an individual basis.