



JONATHAN YUNIS MD FACS

941-953-5917

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:

1. Advil Dual Action

Take 2 pills 3x a day as needed, and taper as needed for pain control.

2. Tylenol (if you are unable to take ibuprofen)

500mg-1000mg 3x a day as needed, and taper as needed for pain control.

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 may resume 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.

When larger hernias of the abdominal wall are repaired, it is not uncommon to experience a fluid collection in the area where your hernia was previously. This often can become very significant (do not be alarmed) **1-3 weeks after surgery**. This will present as a hard round mass that is irreducible, and will resolve on its own in time.

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 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 light activities immediately after surgery. We encourage you to walk as much as you want as long as you are not limited by your discomfort.

Lifting up to 20 pounds can be performed immediately.

All normal range of your body, ie: standing, sitting, laying down, sleeping any way you want, bending, and twisting, you will not ruin anything we have done.

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.