



# SOUTHEASTERN SURGICAL ASSOCIATES

## DISCHARGE INSTRUCTIONS

### HERNIA SURGERY

#### **Recovering from Hernia Surgery**

**DIET:** You may resume a solid diet as soon as you are hungry. Drink plenty of water, juice or Gatorade the first few days. It is important to stay hydrated.

**WOUND CARE:** You may change the dressing at any time after surgery. You may shower 24 hours after surgery. Remove the dressing before showering and leave them off if there is no drainage. A small amount of drainage and or bleeding is normal. Bruising around the wounds is common and will resolve with time. There will be a firm bump and or ridge beneath the wound. This is normal and will resolve with time. Bruising around the wound and down into the genitalia is common and will resolve. There may be some numbness around the wound this common. Pat your wounds dry after showering. Do not submerge your wounds in water for an extended period of time. Swimming is prohibited for the first week after surgery. Call the office if there are any signs of infection such as redness, fever greater than 101.5 and or persistent drainage.

**ACTIVITY:** You will probably go slow for the first day after surgery, but try to walk at least three times a day. Stairs are not harmful. Avoid lifting anything heavier than 20 pounds for the first week. Refrain from strenuous activity, exercise, or sexual intercourse until after your follow-up visit. Do not drive or operate heavy equipment for 3-5 days after surgery or until you are completely off the narcotic pain medicine and are not hindered in any way. The first 3-4 days are the most uncomfortable you should see steady improvement thereafter.

**MEDICATION:** You will get a prescription for a narcotic painkiller before you leave the hospital. Start with one every four hours and increase to two if that doesn't help. Take the pills with food. While taking narcotics you should take a stool softener to avoid constipation. If pain meds make you nauseated, try extra strength Tylenol or Advil. If the nausea persists, call the office for a new prescription. Medications will not be refilled after hours.

**FOLLOW-UP:** Call the office at 508-775-1984 to make a follow up appointment for 1- 2 weeks after surgery. Do this as soon as you get home from the hospital or on the next business day if you are released after hours or on the weekend.

**EMERGENCY:** If you have any problems or questions, do not hesitate to call the office number. After hours, you will reach the answering service. Tell them your name, when you had surgery, what kind of surgery you had and what kind of problems you are having. They will contact the doctor. Call if you have severe pain, persistent vomiting or fever over 101.5 degrees. If it is an extreme emergency, please go to the closest emergency room.