



Inguinal and Femoral Hernia Repair Post-operative Instructions

First week after surgery:

- Be prepared to have a responsible adult drive you home. You may wish to have someone stay with you for the first 24 hours in case you need assistance.
- You will have some bruising, swelling, and discomfort around and below your incision sites. This will often settle in your genital region and may last for several days. This is normal and will decrease over 2 to 3 weeks time. You can expedite the healing process by keeping ice on the area for up to 48 hours after surgery. Your incisions will be covered with tape. DO NOT remove it. You may remove the outer dressing two days after surgery. It is ok to shower at that time. You may not submerge yourself in water (bath tub hot tub) until your doctor has cleared you to do so. Do not remove tape while showering. It will fall off over time, or will be removed at your post-operative appointment.
- Take your pain medication as needed. Do not wait until you pain is severe before taking it. You should notice that you no longer need pain medication after 4 to 7 days. Difficulty with urination may be a side effect of taking pain medication. If you experience this, try urinating in a warm shower to help with urine flow. If you are still unable to urinate, please call our office. If you have trouble having a bowel movement, take a bulk laxative such as Metamucil or Citrucel. You should have a soft bowel movement in 2 to 4 days. If you are still having difficulty with bowel movements, ask your pharmacist about adding a stool softener such as Colace. If you are already taking Colace and have not had a bowel movement after 3 days, take 2 ounces of Milk of Magnesia. If you have not had a bowel movement after 12 hours, call the office.
- Drink plenty of clear fluids for at least one week after surgery. This will help your bowels to return to normal functioning, and will help with the healing process.
- Reduce your physical activity for the first few days after surgery. You may walk and do normal day to day activities as long as it does not cause pain. DO NOT lift anything heavier than 25 pounds until your doctor has cleared you to do so.
- Do not smoke for at least 3 to 4 weeks after surgery. Coughing could delay the healing process by straining your incision site and decreasing blood flow to the area.
- DO NOT drive while you are taking pain medication. DO NOT drink alcohol while you are taking pain medication.
- Make sure that you have a post-operative appointment scheduled 7 to 14 days after surgery.

Contact our office:

- If you develop a fever greater than 101 degrees, or notice white or green, or blood-tinged drainage from your incision sites.
- If you develop a large red area around your incisions.
- If you have a reaction to your medication. Ex. Hives, rash, shortness of breath