



SURGICAL CONSULTANTS
OF NORTHERN VIRGINIA

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Inguinal Hernia Repair

Post-op Expectations

- Expect some soreness, mostly during the first 24 to 48 hours.
- Some bruising and swelling is normal around surgical site and genital area; it typically subsides in 1-2 weeks.
- You are encouraged to be up and about the day after surgery.
- With hernia repair, you will probably be able to get back to your normal activities within a short amount of time. These activities include showering, driving, walking up stairs, lifting and working.

NOTE: You should be seen in the office for follow-up 1-2 weeks after surgery. Please call and schedule an appointment.

Instructions:

- Apply an ice pack over incision/dressings for 30 minutes, every 1-2 hours, for the first 12-24 hours after surgery, as comfort dictates.
- **Remove dressings 24 hours after surgery, if present.**
- After dressing off, you may bathe, even if steri-strips present. Gently wash incisions with mild soap and water.
- **Do not apply ointment/antibacterial cream to incision.**
- Leave dressings off unless drainage noted coming from incision.
- Use prescribed pain medication as directed.
- Ibuprofen, Aleve, Advil as directed on the bottle. AVOID aspirin products.
- **AVOID heavy lifting.**
- No sports or strenuous activity for at least 6 weeks.
- No dietary restrictions, but try to avoid constipating foods as not to strain.
- Stool softener (Colace, Dulcolax) recommended while using narcotic pain medications or until first bowel movement after surgery..

When to call the office:

- Persistent fever over 101 degrees F (39 C)
- Bleeding
- Increasing abdominal or groin swelling
- Pain that is not relieved by your medications
- Persistent nausea or vomiting
- Inability to urinate
- Chills
- Persistent cough or shortness of breath
- Purulent drainage (pus) from any incision
- Redness surrounding any of your incisions that is worsening or getting bigger
- You are unable to eat or drink liquids