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## **WHAT TO EXPECT AFTER SURGERY**

- You may shower 24 hours after surgery.  
No baths, swimming, hot tubs or soaking of any kind for 2 weeks.
- You will likely have surgical site pain for 3-5 days
- You will be given a prescription for pain medicine after surgery
- Your incision will have a liquid protective coating that will dissolve in 2 weeks
- Do not lift anything heavier than 30-40 pounds for 6 weeks after surgery
- Do not drive if you are taking pain medication.
- There is no special diet after surgery, with the exception of bowel surgery. You may feel better if you eat smaller, more frequent meals.
- You may walk and go up and down stairs.
- Call the office if temperature >101, drainage from the incision, or any other problems. The phone is answered 24 hours a day.
- Hernia patients (Primarily Inguinal Hernias - Groin swelling & bruising will occur. Call or report to St. Anthony's Hospital Emergency Room if you are not able to urinate 8 hours after surgery.
- If constipation occurs, Colace OTC or preferred stool softener is recommended twice daily.

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