

## **HERNIA SURGERY**

### **Immediate restrictions because of the anesthesia you have received you need to:**

- Limit your activities for 24 hours
- Do not drink alcoholic beverages because they can sometimes exacerbate the effects of the anesthesia.
- Advance to a regular diet as tolerated (start a clear liquid diet and advance to a regular diet if the clear liquid diet is well tolerated)
- Do not make any important or critical decisions

### **Contact our office (949-276-8050) if you experience any of the following:**

- Excessive bleeding (i.e. soaked bandage)
- The pain medication is not controlling the pain
- The patient is unable to urinate after 8 hours following surgery.
- Patient is experiencing vomiting which persists overnight
- Fever greater than 101F
- Excessive redness or swelling around the incision
- Any drainage from the wound

NOTE: If you are unable to get in contact with Dr. Klause or her office, please go to the Emergency Room.

### **Dressings**

- Please remove the dressing after 48 hours.
- If you have visible staples or sutures, you must call the office at 949-276-8050 for an appointment to remove them in 5-10 days.
- If you have sutures under the skin, they will dissolve and do not require the patient to remove them. The tape across the wound will fall off in approximately 2-3 weeks.
- If you have a skin sealant (no staples, sutures or drainage), this will fall off in approximately 2 weeks.
- Shower after the dressing is removed. Pat the wound dry and keep it clean. Cover with a dry dressing if needed for comfort.
- If you have an open wound, please care and dress the wound as instructed.

### **Miscellaneous**

- Swelling and bruising around the incision or in the scrotum area is not unusual. An ice pack may help during the first 24 hours.
- Avoid heavy lifting (more than 10 pounds) for approximately 2-4 weeks after the surgery.
- For pain related to surgery, you may use a prescription pain reliever if one was prescribed to you or you may use Tylenol for mild discomfort.

### **Follow-up Appointment**

- Please call our office at 949-276-8050 to make a follow-up appointment in 1-2 weeks after surgery.
- If you are experiencing any complications or have questions, please call our office as soon as possible. If you are unable to reach our office, please go to the Emergency Room.