

Post-Operative Information for Laparoscopic Inguinal Hernia Repair

You should expect significant **swelling** and **bruising** in your lower abdomen, groins, and scrotum and penis for males. Swelling/bloating is due to the gas that was used during surgery to allow surgeon to work laparoscopically. Your body will naturally absorb the gas into your tissues and the swelling will go away. You may use an ice pack to the groin to help with pain and swelling. Due to gravity, any bruising that occurs during surgery within the surgical area settles in the most dependent space. Do not worry, bruising will go away on its own, but may take a couple weeks.

You have been prescribed **pain** medication and **nausea** medication. These should be taken as needed, as directed. If you had a TAP block performed by your anesthesiologist, typically you don't have much pain for the first couple days after surgery. Then the block wears off and you begin to feel sorer. So please remember to take it easy the first few days, even if you are feeling great.

You should refrain from strenuous **activity** and lifting more than 10 pounds for about 2 weeks after surgery. This allows your tissues to heal, mesh to secure in place, and prevent you from overdoing it too close to surgery time. Walking, light jogging, and biking are all ok, but please pay attention to your body. If it hurts, stop doing it. After 2 weeks, I recommend starting exercise at low intensity and slowly increasing to the level you were at prior to surgery. This surgery has no long term restrictions; physically, you can do whatever you want to do once you have recovered.

Constipation is common after surgery. It is usually due to the medications used during surgery and then can continue with the use of prescription pain medication. We recommend starting Milk of Magnesia the day after surgery (1-2 doses per day). You still may not have a bowel movement for a few days, but continuing taking the Milk of Magnesia. If you have been taking Milk of Magnesia but have started having discomfort and feel like you really need to have a bowel movement, we recommend Magnesium Citrate. Take it as directed on the bottle. Typically, you will see results within a few hours. Milk of Magnesia and Magnesium Citrate are both available over the counter at any local drug store/pharmacy.