

## Post-Operative Information for Laparoscopic Hernia Repair

It is normal to have abdominal **swelling** and **bloating** after laparoscopic surgery. Getting up, walking around, may help to relieve these symptoms quicker. Typically, these symptoms have improved greatly 10-14 days after surgery.

You may have some **bruising** near incision sites. These will heal naturally. Don't be concerned.

Occasionally, people will get a **fluid collection** at previous site of hernia (often at umbilicus, or belly button). Our body's natural response is to fill an empty space with fluid. So, now that there is nothing stuck in your hernia space, it may fill with fluid. The pressure of the fluid can cause tenderness and some discoloration of the skin in the area. Your body will reabsorb this fluid on its own, but it may take a few weeks to completely go away.

It is normal to have **soreness** in your abdomen for about 2 weeks after surgery. Some patients heal quicker, some take longer. During surgery, your abdominal muscles were stretched in order for the surgeon to work laparoscopically. You may find it difficult to use your abdominal muscles for a couple weeks after surgery. Taking Ibuprofen and using a heating pad to your abdomen will help relieve this discomfort.

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.