

Winchester Surgeons

“Putting Patient Care First”



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Post-operative instructions following hernia surgery

Diet: You can eat a regular diet without any restrictions after surgery. On the first day eat small meals and drink plenty of liquids (8-10 glasses). Nausea and vomiting from anesthesia is not uncommon for 24 hours after surgery. Do not take any alcoholic drinks while taking pain killers prescribed by your doctor.

Activity: You can walk during the day to help your body return to normal. You can walk up stairs. Do not lift more than 10-15 pounds for 4-6 weeks from surgery. Do not drive if you are taking narcotic medicine (Percocet, Demerol, Darvocet, Tylenol #3 etc.) or within 24 hours afterward. Do not return to exercise or strenuous activity until you are seen in follow-up. You can return to work when you feel comfortable, and when you can perform your job safely and at the level you and your employer expect.

Pain and discomfort: You have been given a prescription for a narcotic (Percocet, Darvocet, Tylenol#3, Lortab, Demerol or Dilaudid). Call the office if you experience itching or a rash and stop the medication. If you don't need as much pain medicine, you can take two extra strength Tylenol every 6 hours. All narcotics will make you constipated. Drink plenty of liquids. If you don't have a bowel movement for two or three days take Metamucil (one tablespoon in 16oz. water or juice twice a day), or Mineral Oil (2 tablespoons by mouth twice a day), or Milk of Magnesia (1-2 tablespoons once a day).

Incisional care: You may experience some swelling and bluish discoloration at the incision site and in men at the scrotum and penis. This is normal. You may use an ice pack for 24-48 hours to alleviate the swelling and discomfort. You may brace your incision with a small pillow when coughing and/or sneezing. Your incision is covered with a gauze pad or Band-Aid. Remove the gauze covered with tape 24 hours after surgery. Leave on the small strips of tape (steri-strips). They will fall off in 5-7 days. You may shower 24 hours after you go home unless you have drains. Do not soak in a bathtub or swimming pool. After 24 hours it is not necessary to keep your incision covered unless it makes you more comfortable. If you do not see metal clips or sutures, the sutures are under the skin and will dissolve. This occurs 3-4 weeks after the surgery.

Call our office if you have: Temperature over 101.5F, drainage or fluid from incision that may be foul smelling, increased tenderness or soreness at the wound or the wound edges are no longer together, redness or swelling at the incision site.

Follow up appointment: Please call our office at your convenience to schedule a follow-up visit 7-10 days after your surgery.