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BOULDER MEDICAL CENTER, P.C.

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Department of Surgery

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Laparoscopic Hernia Repair

While recovering from your surgery, please observe the following instructions:

1. Take your pain medication as prescribed. You may use ibuprofen, 400-600mg every 8 hours, in addition to your prescribed medication if you do not have a history of ulcers or sensitivity to anti-inflammatory medications.
2. Narcotic pain medications can be very constipating.
  - a. Use a stool softener such as **Pericolace** or **Senokot** one to two times per day. They are available over the counter.
  - b. Once off narcotic pain medications, you may want to switch to **Citrucel** or **Benefiber**, 1-2 tbsp in 8 oz of juice or water one to two times per day.
  - c. If you are off narcotic pain medications and start to have loose bowel movements, you may discontinue the Pericolace, Senokot, Citrucel or Benefiber if you're taking them.
3. Keep the **ice pack** on the incision/ groin area 20 minutes on/ 20 minutes off as much as possible for the first 24 hours. The outer surgical dressing can be removed the **day after surgery**, and you may shower if you want to. The small tape strips over the incision stay in place for approximately 1 week, but its okay if they fall off sooner.
4. **Do not** soak in a tub or swim for 2 weeks following surgery.
5. The sutures under your skin are dissolvable, but occasionally a knot will work its way to the surface. This can be removed at your post-op visit.
6. Slowly increase your activity as tolerated.
  - a. Mesh repair: no sports or athletics for **2 weeks**. No contact sports for **6 weeks**.
  - b. Standard repair without mesh: do not lift more than 25 pounds, or participate in contact sports for at least **6 weeks**
7. You may resume driving once you have been off narcotic pain medications for at least 12 hours.
8. If you are unable to urinate within 8 hours after surgery, come to the BMC Urgent Care Center (303-440-3200) before 7:00pm, or to the emergency room of BCH or Avista Hospital for placement of a temporary catheter.
9. Please call if you experience fevers, chills, painful enlarging swelling around incisions, redness or streaking around incisions, or persistent bleeding.
10. If you have not already scheduled a post-operative appointment, please call our office to schedule this appointment 7-10 days after surgery. Your final pathology report will usually be available for review at that time.

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