

Open Hernia Repair

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

1. Take your pain medication as prescribed. You may also 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 it's 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. You may walk for exercise, but no strenuous exercise, contact sports, or weightlifting for 6 weeks. Do not do abdominal exercises for 6 weeks after surgery.
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, go to the emergency room of your local hospital for the placement of a temporary urinary catheter.
9. Bruising following hernia surgery is common and may extend down to genitalia. Please call if you experience fevers, chills, painful enlarging swelling around incisions, redness or streaking around incisions, or persistent bleeding.
10. If you haven't yet scheduled your post-operative appointment, please contact our office to arrange one for 7–10 days after your surgery. Your final pathology report will usually be available for review at that time.