



---

## BOULDER MEDICAL CENTER, P.C.

---

### Department of Surgery

Stephen Johs, M.D.  
80 Health Park Dr, Suite 100  
Louisville, CO 80027  
303-666-2632

Christopher Pohlman, M.D.  
2750 Broadway  
Boulder, CO 80304  
303-440-3093

Sandra Taylor, M.D.  
4745 Arapahoe, Suite 200  
Boulder, CO 80303  
303-938-4710

Call 303-440-3000 to reach the on-call surgeon after normal business hours.

### 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 weight lifting 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, 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. Bruising following hernia surgery is common and may extend down to the genitalia. 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.

Surg.17 04/16

2750 Broadway  
Boulder, CO 80304  
303.440.3000

4745 Arapahoe, Suite 200  
Boulder, CO 80303  
303.938.4700

80 Health Park Dr, Suite 100  
Louisville, CO 80027  
303.673.0448