

## **DISCHARGE INSTRUCTIONS FOR HERNIA REPAIRS**

### **PAIN MEDICATION**

1. You will be given a prescription for pain medication.
2. This medication may be constipating so you may use an over the counter laxative, such as Milk of Magnesia or stool softener, such as Colace.
3. **DO NOT DRIVE** while taking the prescription pain medication.
4. When the pain decreases, you may take Tylenol, or Advil for any discomfort.
5. If you experience nausea or vomiting after you take the pain medication, stop taking it, and try Tylenol or Advil. If this does not work, call the office for another pain medication prescription.
6. If you experience nausea or vomiting not related to the pain medication, stay on clear liquids for 6-12 hours.
7. If the nausea and vomiting persists, call the doctor's office.

### **ACTIVITY**

1. Ambulate as tolerated.
2. No vigorous activity, no heavy lifting (>20 lbs.), or straining for at least 3-4 weeks.

### **DRESSINGS**

1. Place an ice pack over the incision for 48 hrs. intermittently for 20-30 minutes, 4-5 times a day.
2. Initial dressing should remain in place for 48 hours.
3. After 48 hours, you may remove the dressings. Leave the Steri-strips alone. They can get wet. You may shower, wash around the incision, pat dry and replace the dressing if needed.
4. You may notice swelling and bruising and this is ok. For inguinal hernias, (men) an athletic supporter may be beneficial for comfort.
5. A normal result of surgery is the formation of scar tissue. Therefore, you may notice a lump under your incision. Notify your doctor if any increased pain, swelling, heat, or redness persists.

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#### **CALL THE DOCTOR IF YOU EXPERIENCE:**

1. Unusual discharge from the incision.
2. A temperature over 101 degrees which lasts more than 24 hours.
3. A dramatic increase in pain.
4. Persistent nausea or vomiting.

TO SCHEDULE A FOLLOW-UP APPOINTMENT FOR 10 DAYS FOLLOWING YOUR DISCHARGE, LOG ONTO [www.surspc.com](http://www.surspc.com), Click on Patient Portal, next login (first time users will need to register), then click Contact Your Doctor's Office to send us a message. If you are unable to login, please call 610-647-3077 to schedule your appointment.

*This information is provided solely to the patients specifically under the care of Dr. Attebery, Dr. Fox, Dr. Fried and Dr. Kripke of Surgical Specialists, P. C. and is not meant to be construed or distributed as public information.*