

Drs. Bartolozzi, Magalski & Harrison
General, Laparoscopic and Oncologic Surgery

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Discharge Instructions
Hernia Surgery

Call the office for an appointment for 7 to 10 days after surgery. If your doctor wants to see you sooner, he will let you know.

Drink plenty of liquids. It is not unusual to have some nausea after surgery, especially with general anesthesia. You may resume a normal diet but avoid anything that might make you nauseous (i.e., spicy or greasy foods). If you have persistent nausea or vomiting, please call us.

Remove the outer gauze dressings 24 hours after surgery. Leave the Steri-strips ("butterfly strips") in place until seen by the doctor in follow-up. You may shower / get the wound wet after you remove the outer dressing. Do not go swimming or soak the wound in a bath until after the first post-operative visit. You do not need to cover the wound unless it becomes irritated by clothing.

Take the prescribed pain medication as directed / needed. You may take ibuprofen (Advil, Motrin) if the pain is only mild. Avoid taking additional Tylenol as the pain medication you have been prescribed contains Tylenol. The prescribed pain medication may make you constipated - if you do not have a bowel movement for more than two days, take an over the counter laxative. Do not drive for at least five days and while taking the prescription pain medications.

Please avoid any heavy lifting (nothing more than 10 pounds) and strenuous physical activity. Otherwise, you may resume most other activities such as walking and climbing stairs.

You may resume any previous medications you were on before the surgery. If you are on any blood thinners, such as aspirin, Plavix or Coumadin, please tell the doctor.

If you had an inguinal (groin) hernia repaired, some scrotal swelling and bruising is not unusual. However, if you experience severe pain in your scrotum or testicle, please call immediately.

It is normal for the incision site to be swollen and/or firm. This may take up to 6 weeks to resolve.

Call the office if you have fevers, shakes chills, drainage, excessive bleeding from the wound or any other signs of infection. These instructions are guidelines for the more common questions people have after surgery. If you have any questions or concerns not addressed in the above, please call us.