

POST-OPERATIVE INSTRUCTIONS

VENTRAL or UMBILICAL HERNIA REPAIR

DIET: You may resume a solid diet as soon as you are hungry. Constipation is common when taking narcotics. Eating a high fiber diet, drinking plenty of water, and taking a mild laxative, such as prune juice or milk of magnesia will help.

WOUND CARE: You may shower 24 hours after surgery. Remove the gauze dressing before showering and leave it off if there is no drainage. Beneath the dressing, your incision may be covered with dermabond (skin glue) or you may have staples. If you have dermabond, do not try to remove it and do not put anything on the incision such as Neosporin or any Vaseline based product, as this will break down the dermabond and may cause the incision to open. If you have staples, they will be removed at your post-operative visit. Call the office if there are any signs of infection such as pain, redness, or persistent drainage.

ACTIVITY: You should resume normal activity as soon as you feel comfortable to do so. Take a walk at least three times a day after surgery. Climbing stairs is not harmful. Avoid lifting anything heavier than 10 pounds. Refrain from heavy exercise (bicycling, running, aerobics, weight lifting, sit-ups etc.) or sexual intercourse until your follow-up visit. Do not drive or operate heavy equipment for 5-7 days after surgery or until you are completely off the narcotic pain medication and are not hindered in any way.

MEDICATION: You will get a prescription for a mild painkiller before you leave the hospital. Start with one every four hours and increase to two if that doesn't help. Take the pills with food. If they make you nauseated, try extra strength Tylenol or Advil. If it persists, call the office for a new prescription. Medications **will not** be refilled after hours or on the weekends.

FOLLOW-UP: Call the office at (432) 580-8330 to make a follow up appointment for 1-2 weeks after surgery. Do this as soon as you get home from the hospital or on the next business day if you are released after hours or on the weekend.

EMERGENCY: If you have any problems or questions, do not hesitate to call the office number. After hours, you will get the answering service. Tell them your name, when you had surgery, what kind of surgery you had and what kind of problem you are having. They will get in touch with the doctor. Call if you have severe pain, persistent vomiting or fever over 101.0 degrees. If it is an extreme emergency, please go to the closest emergency room.

Thank you for allowing us the privilege of providing your surgical care.

Signature _____ Date _____ Instructions given by _____