Inguinal (Groin) Hernia Repair Postoperative Instructions

John T. Droesch, MD General & Laparoscopic Surgery

ACTIVITY:
• No lifting greater than 10 – 15 lbs for the first three weeks following your surgery.
• Walking around the house, office work, climbing stairs or driving in a car is fine as soon as you feel able.
• You may feel tired up to a week after your operation. Take a nap when you feel tired.
• You may resume exercise such as running, biking or treadmill, one week after surgery; however, if a particular activity causes pain – stop. You may try to resume activity in another week.
• You may shower the day after surgery.
• Do NOT drive a car while you are taking pain medicine.

DIET:
• Drink lots of fluids.
• Your appetite when you return home may be less than normal. Do not force yourself to eat. Eat when you are hungry and stay hydrated.

DAILY INCISION CARE:
• You may see bulging at the site of your previous hernia. This is because the hernia sac is filling with fluid. The swelling will go down in several weeks when the fluid is re-absorbed.
• Expect a “knot” near your incision. This is expected and will resolve with time.
• A few days after the surgery, there may be bruising of the penis or scrotum for men. There may be bruising on the genitals for women. The bruising is not dangerous and it is from the small amount of blood loss during the operation.
• Your incision may be covered with a waterproof dressing (Tegaderm). Change the dressing if it fills with blood or fluid. Take the dressing off after two days. Gently clean the skin around your incision daily with mild soap and water.
• If Dermabond (Skin-Glue) was used to cover your incisions, simply let it peel off when it is ready. Do not pick at it or attempt to remove prior to three days following your surgery. It is OK to shower the following day after surgery if Dermabond was used to cover your incisions.

COMMON PROBLEMS:
• You will have a bowel movement at home in the next few days.
• If you are unable to move your bowels, you can take any over the counter laxative or enema preparation.
• If you are taking narcotics for pain relief you will need to take a stool softener like “Metamucil”.
• Difficultly urinating for the first 1 – 2 days after surgery is not uncommon. However, if you are not able to urinate please contact our office.

CALL YOUR DOCTOR IF:
• You have chills or your temperature is greater than 101°F (or 38.3°C).
• You have new redness in the incision or increasing pain.
• Persistent bleeding, nausea or vomiting, or inability to urinate.
• If you have any other questions or concerns, please call our office at any time at 509-946-9707. If it is after hours or on weekends, the answering service will contact Dr. Droesch.

FOLLOW-UP:
• If you do not have an appointment for a follow-up visit, call our office to set up an appointment for 10 - 14 days following your surgery.