

Hernia Repair

The following are general guidelines to assist with your recovery after your operation. Your surgeon may adjust them based on your needs. Always follow the instructions provided by your surgical team.

Activity

- You must have a responsible adult accompany you home and stay with you overnight.
- Plan on getting a good amount of rest for a few days following your operation. Return to normal activity gradually.
- Avoid heavy lifting (over 10lbs) for at least 8 weeks, or as directed by your surgeon.
- Avoid activities that involve the core/abdomen for 8 weeks following surgery (e.g. golfing, lawn mowing, vacuuming, kayaking etc...).
- When you cough, sneeze, or do deep breathing exercises, press a pillow across your incision to support the wound and ease the pain.
- If you have had a laparoscopic hernia repair, you may experience some shoulder and/or chest discomfort from the gas used during the surgery. This is temporary and will pass in a short period of time. Position changes and walking may help in reducing gas discomfort.
- Due to the anesthetic you've received today, please follow the restrictions below for the first 24 hours after your surgery:
 - Do not drive a motor vehicle, or operate machinery
 - Do not perform any tasks requiring skill, co-ordination, or judgement
 - Do not make any legal decisions
 - Do not drink any alcoholic beverages (including beer and wine)
 - Do not use any recreational drugs

Nutrition

- Resume your regular diet as tolerated. If you feel nauseated, start with light foods such as soups, pudding, or toast.
- Drink plenty of fluids and eat high fibre foods.

Medications/Pain Control

- Take all of your regular medications as you took them before your operation, unless

Hernia Repair

instructed otherwise.

- It is normal to be sore for several weeks following your surgery both at the incision site and in the groin area. This will get better over time.
- Take Acetaminophen (Tylenol) and Ibuprofen (Advil/Motrin), as directed by your surgeon for pain.
 - Do not exceed the maximum daily dose for either medication. Follow the dosing instructions on the medication bottles.
- If you were given a prescription medication for breakthrough pain, you may use it if your pain is not adequately controlled by acetaminophen and ibuprofen.
 - Please check your prescription medication to ensure it does not already contain acetaminophen or an anti-inflammatory (NSAID). If you are unsure, do not take the over-the-counter medications, and contact your pharmacist for clarification.
 - Do not drive or operate machinery while taking prescription narcotic/opioid pain medications.
- It is normal to have mild bruising and swelling at the surgical site. Apply an ice pack or a bag of frozen vegetables wrapped in a towel, on the surgical site every 1 to 2 hours for 15 minutes at a time.

Elimination

- It is important to have emptied your bladder (passed your urine) within 6 hours of returning home. If unable to, return to your nearest Emergency Department.
- Constipation is common after surgery or when taking opioid medication. To avoid constipation: eat high-fibre foods, drink plenty of fluids, and use a stool softener or mild laxative (Restoralax) if needed. A pharmacist can assist with this.
- Avoid straining during bowel movements, as it can put pressure on your surgical site, and may increase the risk of your hernia coming back before it is healed.

Dressings

- If you have a dressing, keep it clean and dry for 48 hours after surgery. Then remove the bandage.
- If you have steri-strips (tapes) underneath your bandage do not remove them. They

Hernia Repair

will fall off on their own over a 2 week period.

Bathing

- You may notice that the solution used to cleanse your skin for surgery has coloured your skin. This will wash off with soap and water.
- You may shower after the dressing has been removed. Gently pat your incision dry.
- Do not submerge your incisions underwater, such as in a bath, pool, lake or hot tub until the wound is fully healed (at least 2 weeks) to help prevent infection.

Contact your Doctor or seek medical attention if any of the following occurs:
• Signs of infection, including fever and chills • Redness, severe swelling, excessive bleeding or drainage from your incision sites • Cough, shortness of breath, chest pain • Pain that you cannot control with the medication that you have been given • Nausea and/or vomiting that you cannot control or which persist for more than two days after your surgery • Pain and/or swelling in your feet, calves or legs
If you have any concerns:
• Call your surgeon or family doctor • Call Telehealth at 1-866-797-0000 • For urgent or severe symptoms, go to your nearest Emergency Department or call 911

Call your surgeon's office the day after surgery to schedule your follow-up appointment, if one has not already been scheduled.

Hernia Repair

Specific Instructions:
