



Patient Info: Post-Op Instructions for Hernia Surgery

by Dr. Bunch & Dr. Erbella

Procedures	Inguinal Hernia, Laparoscopic Hernia, Umbilical or Ventral Hernia
Incision Care	Remove any dressing(s) in 48hrs. The incision(s) may be sealed with staples , a skin adhesive (Dermabond) or covered with white adhesive tapes known as steri-strips . Either way, there is no need to cover up the incisions again with gauze.
To Prevent Swelling	Swelling & bruising around incisions and even down into the scrotum is common. Do not be alarmed. You will be given a BSG ice pack to apply to the incision for the first 24-48hrs & wear a scrotal support for comfort.
Shower	You may shower 48 hours after surgery & get the incision(s) or steri-strips wet with soapy water and gently pad them dry. If the steri-strips come off in the shower, do not become concerned. If they are still in place 10 days after surgery, you may remove them.
Pain Medication	You will be given a prescription for a narcotic pain medication (usually Lortab or Percocet). You may use this if necessary, however, narcotics are constipating and may make your bowel movements more painful. Options for non-constipating pain medications include products that include Ibuprofen or Tylenol.
Bowel Medications	To combat constipation, you may take a stool softener (Colace) twice each day.
Activity	Do not do any heavy lifting (more than 5 pounds) or vigorous exercise for 4-6 weeks.
Urination	If you cannot urinate, sit in a warm bath then try again.
Diet	You may eat anything you desire. If your throat is sore, try eating soft foods.
Return to Work	You may return to work in 1-2 weeks .
Physician Appointment	Call (941) 744-2700 to make your post-operative appointment to see Dr. Bunch or Dr. Erbella in 2 weeks or if you have any questions.
When to call your Surgeon	<p>Persistent fever over 101.5 degrees F (39 C).</p> <p>Pain that is not relieved by your medications.</p> <p>Persistent nausea or vomiting.</p> <p>Persistent cough or shortness of breath.</p> <p>Purulent drainage (pus) or bleeding from any incision.</p> <p>Redness surrounding any of your incisions that is worsening or getting bigger.</p> <p>If you are unable to eat or drink liquids.</p>
In Case of Emergency	Your surgeon is available 24hrs a day. You may call either our office (941) 744-2700, your nearest emergency room at Blake, Lakewood Ranch or Manatee Hospitals or Dial 911.