

# Postoperative instructions

## Hernia

Please follow your surgeon's instructions if they differ from the following statements.

### Your return home

#### Dressing (Opsite™):

- Keep your dressing on for the first three days.
- You may shower. You may use Saran Wrap to keep your dressing dry.
- No baths or pools are permitted for 14 days.



#### The little white dressings (Steri-strips™):

- Keep the little dressings directly over your incision for a full 7-14 days.
- If a little dressing falls off (during shower), no need to replace it.
- You may remove all of them after 14 days. This is easier when they are wet.

#### Diet:

- You may resume your normal diet when you get home.
- Increase your liquid and fibre intake to prevent constipation.

### Physical activities

- Walking is permitted and encouraged, as it can reduce the risks of a blood clot forming in your legs, also known as deep vein thrombosis.
- Climbing stairs is permitted.
- No sport for six weeks.
- No lifting more than ten pounds for six weeks after your surgery.
- No driving for seven days after surgery, or longer if you are taking pain medication.

### Pain control and constipation prevention

- Take your prescribed medications regularly or take Tylenol™ and Advil™.
- Drink prune juice and/or take Metamucil™ if you feel constipated. If this is not effective, take one tablespoon of Milk of Magnesia daily or PEG 3350 (polyethylene glycol) such as Restoralax, Lax-a-day or Clearlax until you start having regular bowel movements.

### Call your doctor or visit your nearest Emergency Department if you have:

- expanding redness;
- discharge (other than blood) of the incision;
- fever and chills;
- increase in pain;
- pain and heat from the calf;
- vomiting;
- sudden shortness of breath.

**Note:** It is common for women's menstrual cycle to be irregular in the weeks following general anaesthesia.

### To book your appointment, call your surgeon's office.

The office information was given your discharge instructions.

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