

Postoperative instructions

Hernia



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5100262 (14-01)

Your return home

Dressing:

- Keep your dressing on for the first three days.
- You may shower.
- No baths or pools are permitted for seven days.

The little white dressings (Steri-strips™):

- Keep the little dressings directly over your incision for a full seven days.
- If a little dressing falls off (during shower), no need to replace it.

Diet:

- Increase your liquid and fibre intake to prevent constipation.

Physical activities

- Walking is permitted.
- Climbing stairs is permitted.
- No sport for four to six weeks.
- No lifting more than ten pounds for four to six weeks, or as per your surgeon's instructions.
- No driving for three to 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 this is not effective, take one tablespoon of Milk of Magnesia daily until you start having regular bowel movements.

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

- redness and swelling
- hardening or 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.

Next appointment:

Date:

Time:

Physician:



Hôpital
Montfort

To reach the Ambulatory Clinic:

1st level, D wing, room 106
713 Montreal Road, Ottawa, Ontario
Telephone: 613-746-4621 ext. 4307

Please call on the day following your surgery to book your appointment.

Notify 24 hours in advance for cancellations.

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