



POST OPERATIVE INSTRUCTIONS FOR UMBILICAL / VENTRAL HERNIA REPAIR

- A mild **diet** the day of surgery is recommended. Advance your diet as tolerated.
- **Constipation** is to be expected while on narcotic pain medications. Most patients do not have their first bowel movement until **at least 3 days** after surgery. While utilizing narcotics, you should remain on an over-the-counter stool softener such as Colace or Docusate. Fiber supplementation with Metamucil or Citrucel is also recommended. For severe constipation, Miralax, milk of magnesia or a fleets enema can be helpful. Do **not** use the enema if you have any chronic kidney diseases such as renal failure.
- Recommended **pain management** regimen:
 - Meloxicam (If prescribed): 1 tablet daily OR Ibuprofen: 400-600mg every 8hrs as needed.
 - These are anti-inflammatory drugs. **Do not take ibuprofen and meloxicam together.** If you have a sensitivity to anti-inflammatories, history of stomach ulcers, or kidney disease do not take anti-inflammatories.
 - Tylenol: This is over the counter. Take 1000mg 3x/daily as needed. Max of 4000mg/24hrs.
 - Oxycodone (or other prescribed narcotic medication): 1-2 tablets every 4-6 hours as needed for breakthrough pain.
- **Nausea** is a common complaint post op. This can be associated with narcotic pain medications, anesthesia, as well as with severe constipation. Try to minimize your use of narcotic pain medications as soon as able. If vomiting, fevers or chills occur, please call the office at 303.449.3642.
- Your **incisions** are closed with dissolvable sutures and covered with a surgical skin **glue**. The glue normally lasts approximately **2 weeks**. If the glue falls off sooner, do not be alarmed. You can expect each of the incisions to form a hard knot beneath the skin. **Bruising** is especially common, especially in your genital area or around your navel. If you notice any areas of increasing warmth or redness, fevers, or chills, please call the office at 303.449.3642.
- **Driving** may be resumed when off all narcotic pain medications and you can turn or twist your body without hesitation.
- You may **shower** the day of surgery. Avoid soaking your incisions in a bath tub or hot tub until you have been seen in follow-up.
- **Activity limitations** include no lifting more than **30 pounds** for **two weeks** after surgery.
- Schedule a **post-operative visit** 2 weeks after surgery. If one has not already been arranged, please call the office at 303.449.3642 to schedule.