POST OPERATIVE INSTRUCTIONS FOR LAPAROSCOPIC OR OPEN INGUINAL 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 METAUMUCIL OR CITRUCEL (1 TABLESPOON WITH 8OZ WATER) IS ALSO **RECOMMENDED**. FOR **SEVERE** CONSTIPATION, MILK OF MAGNESIA (30 ML) OR A FLEETS ENEMA CAN BE HELPFUL. **DO NOT** USE THE ENEMA IF YOU HAVE ANY CHRONIC **KIDNEY** DISEASES SUCH AS RENAL FAILURE.

- **PAIN** IS TO BE **EXPECTED** AFTER LAPAROSCOPIC OR OPEN SURGERY. MAKE SURE TO UTILIZE THE PRESCRIBED NARCOTIC PAIN MEDICATIONS AS **RECOMMENDED**. IF NO SENSITIVITY TO **ANTI-INFLAMMATORY MEDICATIONS** OR **ULCER** HISTORY EXISTS, IBUPROFEN (400-600MG) EVERY **6-8 HOURS** IS AN **EXCELLENT ALTERNATIVE** IN **ADDITION TO** OR **AS A SUBSTITUTE** TO YOUR NARCOTIC.

- **SWELLING** IS TO BE **EXPECTED** AROUND YOUR **GENITALS**. THIS CAN SOMETIMES BE **ALARMING**. IT WILL **RETURN** TO **NORMAL** WITHIN **1-2 WEEKS** TYPICALLY.

- FOR ABOUT **1 WEEK** AFTER SURGERY, WEARING **SUPPORTIVE UNDERWEAR** THAT WILL HOLD YOUR GENITALS IN A RELATIVELY FIXED POSITION (FOR EXAMPLE, TIGHTY WHITIES OR BOXER BRIEFS) MAY HELP REDUCE SWELLING AND IMPROVE COMFORT.

- **NAUSEA** IS A COMMON COMPLAINT POST OP. THIS CAN BE ASSOCIATED WITH **NARCOTIC** PAIN MEDICATIONS, GENERAL ANESTHESIA, AS WELL AS WITH **SEVERE** **CONSTIPATION**. **TRY TO MINIMIZE** YOUR NARCOTIC PAIN MEDICATIONS AS SOON AS **ABLE**. IF PERSISTENT **VOMITING**, **FEVERS** OR **CHILLS** OCCUR, PLEASE CALL THE **OFFICE** AT 303.449.3642.

- YOUR **INCISIONS** ARE CLOSED WITH **DISSOLVABLE** SUTURES AND **SKIN ADHESIVE**. THE **ADHESIVE** NORMALLY LASTS **APPROXIMATELY 1-2 WEEKS**. IF IT 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 NAVAL**. 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.

- **URINARY RETENTION** IS A **COMMON** PROBLEM AFTER **GROIN** HERNIA SURGERY. IF YOU ARE **UNABLE** TO **URINATE** WITHIN **8 HOURS** AFTER SURGERY OR IF YOU FEEL **UNCOMFORTABLE** PRIOR, PLEASE CALL THE **OFFICE** AT 303.449.3642.
- 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 ONE WEEK AFTER SURGERY.**

- **SCHEDULE A POST-OPERATIVE VISIT 2 WEEKS** AFTER SURGERY. IF ONE HAS NOT BEEN ARRANGED BEFORE SURGERY, PLEASE CALL THE **OFFICE AT 303.449.3642.**