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 METAUMUCIL OR CITRUCEL (1 TABLESPOON WITH 80Z 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.

- **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 VOMITING, FEVERS OR CHILLS OCCUR, PLEASE CALL THE OFFICE AT 303.449.3642.

- **YOUR INCISIONS** ARE CLOSED WITH **DISSOLVABLE** SUTURES AND COVERED WITH **STERI-STRIPS**. THE **STERI-STRIPS** NORMALLY LAST APPROXIMATELY **1-2 WEEKS**. IF THEY FALL 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.**

- **YOU MAY SHOWER** THE DAY **AFTER 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 TO THREE WEEKS** AFTER SURGERY.

- **SCHEDULE A POST-OPERATIVE VISIT 7-14 DAYS** AFTER SURGERY IF ONE HAS NOT BEEN ARRANGED BEFORE SURGERY. PLEASE CALL THE **OFFICE AT 303.449.3642**.