

PERIOPERATIVE SERVICES

Post-Operative Instructions

Laparoscopic/Open Hernia Repair – Epigastric, Femoral, Inguinal, Incisional or Umbilical

PAIN:

You will have some degree of discomfort after your surgery, this should not be severe. You will be given a prescription for pain medication. Please take your pain medication as instructed.

OPERATIVE SITE:

You may have one longer incision or up to 3 smaller incisions depending on the procedure performed. Your incision(s) will be covered by Steri-strip™ type dressing, which will be covered by a “see through”, water proof dressing. Remove the waterproof dressing after 2-3 days, leaving the incision(s) covered by the Steri-strip™ dressing tapes. The Steri-strip™ dressing tapes may be removed after 5 days. Change the dressing if it becomes wet or soiled.

In addition for Femoral or Inguinal:

You can expect some swelling, bruising and tenderness at the incision line. This is normal and will gradually improve with healing. Swelling may occur into the scrotum; this is normal. You may apply ice to reduce the swelling. A scrotal support may be used.

ACTIVITY:

Once you are discharged you may resume usual activities gradually, but do not lift anything over 20 pounds. Mild exercise, especially walking is encouraged. You may shower the day after your surgery but keep the incisions as dry as possible.

DIET:

Eat lightly the day of your surgery. It is advisable to eat a high fiber diet and drink plenty of fluids to prevent constipation.

CONTINUED ON OTHER SIDE →

NORS 121-16-01



Queensway
Carleton Hospital

FOLLOW UP:

Your Surgeon or Nurse will advise you of your follow up appointment date the day of your surgery. If you are a Day Surgery patient, a Nurse from the Day Surgery Unit will call the day after your surgery to address any questions or concerns you may have.

ADDITIONAL INFORMATION:

Some abdominal bloating may last for about 48 hours. The bloating may cause referred pain under the ribs and in the back and shoulders.

Call your Surgeon or go to your nearest Emergency Department if you have any of the following:

1. Elevated temperature (38°C or 100.4°F) and/or chills lasting more than 24 hours
2. Excessive drainage from the puncture sites
3. Increased redness or swelling around your incision
4. Continued or increased pain or bloating
5. Bleeding from your incision