

Associated Surgical Group, S.C.
7303 N. Knoxville Avenue Peoria, Illinois 61614
Telephone: #(309) 691-4005 or #(888) 691-4005

POST OPERATIVE INSTRUCTIONS FOR INGUINAL HERNIA SURGERY

1. Please plan for a responsible adult to drive you home and stay with you the first 24 hours after surgery.
2. Pain medication is usually prescribed for the first few days. If you are having severe pain unrelieved by pain medication, please notify the office for further instructions. **DO NOT DRIVE** any vehicle while taking prescription pain medication. It is recommended to take all pain medication with some food or crackers to avoid stomach upset. When the pain begins to decrease, extra strength Tylenol or Ibuprofen (Advil/Motrin) may be substituted for prescription medication.
3. Dressings and/or band-aids should be removed the day after surgery. If there are little strips of tape under the dressing (steri-strips), **DO NOT REMOVE**. These should come off on their own. If they do not fall off in 7-10 days, they can be removed.
4. **BATHING:** A shower may be taken the day after surgery if you feel up to it. Careful attention should be made to make sure incision is dry (pat gently with towel).
5. Inspect wound daily for redness or drainage. Swelling or bruising is common after surgery. (Note: Male patients-You may try ice packs and supportive underwear to minimize swelling. Elevate testicles with a towel roll when lying down.)
6. Avoid heavy lifting or strenuous activity until doctor clears you to do so. Limit exercise to walking or necessary stair climbing the first few days after surgery.
7. If you are having difficulty urinating or feel your bladder is not emptying after you urinate, first try increasing fluid intake. If this is not helpful, please call the office.
8. **DIET:** You may resume previous diet after surgery if you are not nauseated.
9. **Bowel movements:** Drinking plenty of fluids and walking is recommended after surgery. Sometimes pain pills contribute to constipation. If you are feeling bloated or unable to have a bowel movement, 30cc of Milk of Magnesia may be tried. For nausea and/or vomiting, inability to pass gas or have a bowel movement, please call our office.
10. Please call the office to schedule follow up care as instructed when you are discharged after surgery. The office hours are 8:30am until 5:00pm Monday-Thursday and 8:30am until 4:30pm on Friday. The office telephone is #(309) 691-4005 or #(888) 691-4005. If you are having problems after regular office hours the surgeon "on call" may be reached by calling the office, leaving a message and he will return your call.
11. Please call the office to report the following: Temperature 101 or greater (if you have chills, check temperature after done chilling), severe pain unrelieved by medication, nausea or vomiting for more than one day, redness or hardness around suture line, foul smelling or thick drainage from incision.