

# Legacy Medical Group

## Hernia Repair Post Operative Instructions

### Wound

- Keep the wound dry.
- You may shower after 48 hours. Remove dressing before showering.
- Turn affected part away from water stream.
- Do not use hydrogen peroxide, ointments or alcohol on the wound.
- DO NOT SOAK.

### Dressing

- You may remove the dressing after 48 hours.
- Replace dressing if you are more comfortable.
- Band-Aids are satisfactory.
- Do not place ointments or salves on wound.
- If small tapes are over wound, do not remove; they can get wet with soap and water and dry. They will fall off on their own.

### Medications

- You will be given a pain medication that can lead to constipation. This can easily be treated with stool softeners: Metamucil, konsyl or colace. If no bowel movement with 24-48 hours of surgery, you may use a laxative of choice for constipation.
- You may receive antibiotics. Take as directed.
- Please allow a minimum of 3 days prior notice for refills.

### Activity

- Follow your physicians specific instructions for lifting.
- Walking frequently for short distances is encouraged.

### Redness

- Some redness around the operative site is *normal*.
- If redness increases or you also have a fever, swelling, bleeding, or drainage call your surgeon.

### Fever

- For fever greater than 100 degrees, call your surgeon.

### Swelling

- Apply ice bag to wound area for 10-15 minutes every two hours for 1 to 2 days.
- If swelling continues or becomes severe, call your surgeon.

### Bleeding

- A small amount of blood on your dressing is of **no concern** and should be controlled by several gauze pads and pressure.
- If bleeding continues or you are unable to control it, call your surgeon.
- Bruising is normal and may gravitate to penis and scrotal area. This is of **no concern**. If associated with severe swelling, call your surgeon.

### Drainage



- Sutured, closed wounds should not drain. If there is a small amount of clear or bloody drainage, it is of **no concern**. If there is any other kind of drainage, call your surgeon.

### **Pain**

- It is normal to have some pain for the first week.
- Most pain should be controlled by pain medication and lying flat.
- If pain is not controlled, call your surgeon.

***\*\*To reach your surgeon, call 503.413.5725. If you are calling after regular business hours, the doctor's answering service will answer and connect you and contact the doctor for you. \*\****