

## IMPORTANT NOTE FOR OUR SURGICAL PATIENTS

(Prior to your surgery): This *surgical reference sheet* NEEDS TO BE PLACED in an area where it can conveniently be referred to by you, after your surgery. A night-stand or refrigerator are common places many patients choose. After your surgery has occurred, it is common to have a variety of questions. This surgical reference sheet will be your guide and help answer these common questions:

### Hernia Surgical Patient

#### **What to Expect After Surgery**

- Some Swelling.
- Some Bruising. May run down thigh region and for males, into the scrotum.
- Some Tenderness.
- Normal to develop hard knots around incision. May apply warm, moist heat 3-4 times per day to help with tenderness and reduce knot.

#### **Surgical Site Care Instructions**

- You may remove bandages 24 hrs after surgery.
- You may shower 24 hrs after surgery. Incision(s) can be washed with soap and water.

#### **Pain Mgmt After Surgery**

- You will be given an appropriate prescription for pain medicine. Take as directed by your physician.
- After that prescription, a patient's remaining pain is generally managed with over-the-counter pain medications. Pain medication such as ibuprofen (Advil™ or Motrin™) **OR** acetaminophen (Tylenol™) **OR** naproxen (Aleve™) can be taken. Follow label instructions.

#### **Other Helpful Information**

- May drive once you are no longer using prescription pain medicine.
- Avoid strenuous activity for 48-72 hours after surgery. Then gradually increase with activities as tolerated. (For incisional hernia patients – No lifting of items over 20 pounds, for 6 weeks).

#### **When to Contact Our Office**

- Fever of 101° or greater.
- Increased redness or swelling around incision.
- Have a sudden or large amount of drainage from incision.
- Have a sudden increase in pain.