

Post Operative Instructions for Laparoscopic Inguinal Hernia Repair

Diet

- Start with clear liquids (soup, Jell-O, Popsicles, carbonated beverages or water) and follow with light foods on the day of surgery. Thereafter, resume a regular diet gradually.

Medication

- Take medications as ordered by your doctor. Take crackers or toast with pain medication while on clear liquids.
- Plain Tylenol (Acetaminaphen) can also be used. Ibuprofen (Motrin, Advil) can be used the day after surgery
- If antibiotics are ordered, take them as directed on the bottle.

Activity

- Rest for the next 24 hours.
- No strenuous activity for two weeks. You may climb stairs immediately.
- No lifting over 15 pounds for 3 weeks (6 weeks for weight training).
- You may resume sexual activity as soon as you can tolerate it without much discomfort.
- You may return to work in 2 weeks (clerical work) or 4 weeks (manual labor).
- You may swim or bike in 2 weeks.
- You may drive a car when comfortable and narcotic pain reliever are not being used.

Dressing

- There will be 3 small incisions in the abdominal area. Your incision will be closed with sutures under the skin.
- Keep your dressings clean and dry for 2 days and then remove them.
- If you have steri-strips (small strips of tape), leave them in place for 5 days.
- You may shower after you remove your outer dressing.
- If Tegaderm is used to cover your wound, you may shower in 24 hours. Remove all dressings in 5 days. (Tegaderm is a clear plastic dressing.)

What to Expect

- You may have soreness in the abdominal area similar to an ache you would feel after starting a new exercise program involving your abdominal muscles. This ache will gradually go away within a few days.
- Your abdomen may be distended for a few days after surgery. Shoulder or back pain will also go away.
- You may have bruising or bluish discoloration. It will gradually go away over the next 2-4 weeks. For men, the scrotum may be swollen or bruised; wearing an athletic support and using ice packs will help this resolve.
- You may feel sleepy, rest for the first 24 hours.

- You may have a sore throat for a few days.
- It may take a few days before you have a bowel movement. Bowel irregularity is expected with surgery and pain medication. Take prune juice and/or a stool softener if you feel constipated.
- Nausea and vomiting may occur during the first 2 days following surgery. If this fails to resolve or begins later than 2 days, it may be a side effect of narcotic pain medications, so these should be stopped if possible. If symptoms persist, call the office.
- You may notice a lump at the surgery site. This may be normal. If there is no pain, observe it to ensure it does not increase and show it to the surgeon at your postoperative visit. If it continues to increase in size and cause pain, call our advice nurse.

Miscellaneous

- No alcohol or driving for 24 hours or while taking pain medication.
- Do not make any personal or business decisions for 24 hours.
- Call our office at (408) 972-6010 from 9-12pm and 1:30-5p or (408) 362-4740 after hours and on weekends to speak with our surgery advice nurse if:
 - Persistent nausea and vomiting occurs.
 - You are unable to urinate eight hours after surgery.
 - You notice excessive bleeding or unexpected drainage from the wound site.
 - Your pain is not relieved by pain medication.
- For additional information, please visit our website at <http://insidekp.kp.org/california/santateresa>