

Incisional/Abdominal Hernia Post-Op Instructions:

- **Wound Care:** If you have a surgical bandage over your incision, remove in 24-48 hours and you may shower daily over your incisions. Do not scrub, let the soapy water run over them.
 - ❖ If you have glue or steri-strips, they will fall off on their own in about 7 days

- **Activity:** you should be up and walking around as much as tolerated, including stairs.
 - ❖ Avoid lifting anything heavier than 10-15 pounds for 4-6 weeks after, unless otherwise specified
 - ❖ Wear abdominal binder while up and walking around

- **Diet:** resume a regular diet. You may experience some nausea or diarrhea at first, this should resolve with time.
 - ❖ Make sure to drink plenty of water daily

- **Pain Management:** Pain tolerance varies from person to person. Your surgeon will prescribe medication to help with the pain
 - ❖ You will be given a prescription for a small amount of narcotics. You may also use Tylenol or ibuprofen, unless otherwise instructed
 - ❖ Do not drive or operate heavy machinery while using any narcotic pain medications.
 - ❖ Recommend taking a stool softener or laxative since the anesthesia and pain medication (narcotics) can cause constipation. Avoid straining with bowel movements
 - ❖ Splinting your stomach by placing a pillow over your abdomen and applying pressure before coughing or movement, can help reduce the amount of pain

- **Warning signs:** You should call the office with any alarming symptoms, including but not limited to
 - ❖ Increased pain
 - ❖ Swelling, redness, draining or foul odor from incisions
 - ❖ Vomiting or unable to tolerate diet
 - ❖ Unable to urinate
 - ❖ Unable to move your bowels for 2-3 days
 - ❖ Fever of 101 or greater

- **Work:** Usually you may return to work after 1 week or sooner, as long as you don't do any heavy lifting. You should discuss this with your surgeon