

Post-Outpatient Surgery Discharge Instructions Hernia Surgery

Do not drive, drink alcohol, operate machinery, or sign legal documents for 24 hours.

Activity: If you received medication for pain or sedation today, do not take any tranquilizers or sedatives for 24 hours.

Avoid strenuous physical activity, lifting over 15 pounds, bending or exertion until allowed by your surgeon.

May walk as tolerated.

Diet: Soft, low fat diet following surgery. If you have had a general anesthetic, begin by taking liquids slowly and advance gradually to soft solid foods.

You may be slightly nauseated after surgery, but this should go away within 24 hours.

Avoid heavy, greasy, and spicy foods for at least 24 hours.

It is important to drink plenty of fluids and remain well hydrated after surgery.

Wound Care:

May resume tub bath/shower within 24 hours.

Apply ice pack to the incision site for 15-20 minutes every 3-4 hours as needed for 24-48 hours.

Leave clear dressings and steri-strips intact until office visit with your physician.

If the bandage becomes soaked with bright red blood, place another dressing, pad or towel over the bandage and call your surgeon. Do NOT remove your original bandage unless instructed. A small amount of blood, bruising, swelling, and fluid drainage is expected.

Do not change your dressing unless instructed.

Medications:

May resume normal medications unless instructed otherwise.

Narcotic pain medications per prescription.

Ibuprofen (Motrin or Advil) or Acetaminophen (Tylenol) as needed for discomfort.

Take Metamucil or similar fiber product with stool softener to avoid constipation,

Make and keep a list of all of the prescriptions and over the counter medications you take and bring to office visits.

Restart blood thinners i.e. Coumadin, Lovenox as instructed (if applicable) by your surgeon.

Call Surgeon if:

Changes in wound appearance: Excessive swelling, bleeding or odorous drainage at incision site.

Intolerable pain not relieved by pain medication.

Temperature of 101°F or above, chills, sweats.

Unable to urinate within 6 hours of leaving the hospital or worsening abdominal pain/distension.

Persistent nausea/vomiting, jaundice, or any acute change in condition.

Dr. Daniel Gay | General Surgeon



CAPITAL SURGICAL
ASSOCIATES