

Postoperative Instructions

Hernia Surgery

1. Activity

- Go straight home after procedure. Rest for the first 24 hours after surgery.
- Gradually resume light activity as tolerated. You may walk and use stairs.
- Avoid heavy lifting (over 15 lbs) or strenuous exercise until cleared.
- Wear abdominal binder if discharged with one. May remove for sleep.
- Do not drive, operate machinery, or make important decisions for 24 hours.

2. Diet

- Start with clear liquids and progress to a regular diet as tolerated.
- Avoid alcohol for 48 hrs and while taking pain medications.
- Drink plenty of fluids unless otherwise instructed.

3. Medications

- Take pain medications as directed.
- Take a stool softener and fiber supplement while taking pain medications.
- Restart home medications as directed on your discharge paperwork. Restart anticoagulants as instructed.
- Do not take any sleep aids, tranquilizers, or sedatives while taking pain medications.
- You may use over-the-counter pain medications such as Tylenol or Ibuprofen if previously discussed.

4. Wound Care

- Keep the surgical site clean and dry.
- Do not remove glue dressings.
- May shower in 24 hrs. No swimming or bath until incisions healed, about 3 wks in most cases.
- Empty surgical drain as needed (if present). You may change the dressing around the drain site with Neosporin, gauze, and tape.
- Apply ice packs for 20 minutes every 4-6 hours during the first 3-5 days.
- Support the incision when coughing or sneezing (hold a pillow or hand over the area).
- No smoking as it impairs wound healing.
- To reduce scrotal swelling after groin (inguinal) hernia repair:
 - Elevate the scrotum while lying down. Place a rolled towel under the scrotum to gently lift it.
 - Wear supportive underwear (briefs or a jockstrap) during the day.
 - You may also apply ice packs (wrapped in a cloth) to the area for 20min every few hours
- Watch for signs of infection:
 - Increased redness, swelling, or warmth, purulent or unusual drainage, foul odor

5. When to Call Your Doctor

- Fever over 100.4°F (38°C)
- Severe or worsening pain not relieved by medication
- Excessive bleeding or swelling (minor bruising, wound drainage, or swelling is somewhat expected)
- Difficulty breathing, chest pain, calf pain, persistent nausea/vomiting
- Any other concerns

6. Contact Information

- Office Phone (any time day or night): 208-321-4790
- Non-urgent questions/concerns please email: Assistant@capsurgical.com
- Emergency: Call 911 or go to the nearest Emergency Room.

7. Follow-Up with Dr. Gay as scheduled, typically 1-2 weeks after surgery.