



Dr Rohan M Gett

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Hernia Repair Discharge Instructions

Listed below are discharge instructions after inguinal hernia repair. In general, most people take several days to a week off work to recuperate after these operations. You will most likely tire easily. There will be groin tenderness for about 2-3 days. This is normal. Plan to take rest periods throughout each day as you feel you need them. Occasionally patients may have trouble with constipation because they are not as active in the first few days after their hernia repair or because of a pain medication such as Panadeine forte or Endone. The constipation may be relieved by increasing fibre and fluid intake and /or by taking an over-the-counter stool softeners and laxatives like Movicol and Metamucil. Your bowel function should return to your previous pattern within a week to 10 days. Generally, patients find they are back to their usual daily routine within a week after laparoscopic hernia repair and that they are fully recovered within a month. Patients who have an open hernia repair usually take several weeks for the groin to become more comfortable.

Medication

Panadeine forte: one to two tablets every 4-6 hours, as needed, no more than 8 per day. Over the counter stool softener or laxative daily, such as Metamucil or Movicol as needed for constipation. If you are predisposed toward constipation Lactulose may be added. Avoid constipation!

Dressing

The dressing is usually a water impermeable product called Comfeel. Although tissue fluid can accumulate beneath the dressing this does not cause any harm. Generally, just leave the dressing intact and shower as normal. The dressing will be removed at the first post-operative visit to the rooms.

St Vincent's Private Hospital Sydney

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Secure Print 08.02.2016



Diet

Increase your fluid intake of juice or water. You may eat a normal diet.

Bathing/Showering

You may shower or bathe 24 hours after surgery.

Activities at home

Gradually increase your activity. Take rest periods as needed. Walking gently is encouraged.

Get adequate amounts of sleep each night. Avoid vigorous activity. Avoid heavy lifting for 6 weeks.

You may do lighter aerobic exercise 3 weeks after surgery (e.g. biking, swimming, golfing, jogging, stair climbing, etc.). But avoid sprinting, sit-ups or heavy weight lifting.

If it hurts- don't do it!

Driving

Resume driving no earlier than two weeks after surgery; when you are pain free and off pain medication. In addition, you should not drive a car until you are able to deal with driving emergencies, such as slamming on the brakes or steering suddenly in heavy traffic.

Care of the incision

Ice packs to the surgical site for 24 hours over insulation may bring comfort. Brace your incisions with a small pillow when coughing and/ or sneezing. Cover your incisions further to reduce any irritation that may occur from contact with clothing. MALES may wish to wear "brief" type underwear day and night for a few days to minimize scrotal swelling and tenderness.



Watch for the Following Signs and Symptoms Notify the Rooms if Any Occur

- Temperature over 38 degrees
- Drainage or fluid from incision that may be foul smelling
- Increased tenderness or soreness at the wound or the wound edges are no longer together
- Redness or swelling at the incision site
- Persistent nausea, vomiting, diarrhoea or constipation
- Swelling, redness and/or persistent pain in legs
- Difficulty urinating

Follow-up-care

Call the office of Dr Gett **(02) 8382 6675** to make a follow-up appointment two to three weeks after the surgery date.