



**ST VINCENT'S
PRIVATE HOSPITAL**
SYDNEY

CONDUCTED BY THE SISTERS OF CHARITY OF AUSTRALIA

Dr Rohan M Gett, FRACS

Colorectal Surgeon

St. Vincent's Clinic

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Home Care Advice Post Hernia Repair

DO's

- ❖ Make an appointment with Dr Gett for 2-4 weeks after your surgery.
- ❖ Continue to walk short distances, including stairs, regularly.
- ❖ Leave the waterproof dressing/s on for 5 days, then remove them and leave your wound/s exposed, ensuring you dry them thoroughly after showering.
- ❖ Ask Dr Gett's secretary for a medical certificate if required.
- ❖ Organize at least 1 week away from work after your surgery.
- ❖ Take your pain medication as directed, if needed. Be aware that it may make you drowsy and possibly cause constipation.
- ❖ Eat a varied well balanced diet with plenty of fresh fruit, vegetables and water.
- ❖ Expect to feel tired and fatigue easily, this is normal and will improve over the next 1-2 weeks.
- ❖ Wear your TED stockings for at least the first week at home.
- ❖ Make an appointment with your GP within the first 2 weeks of being home to reassess your regular medications.
- ❖ Expect to have bruising around your wound site and possibly bruising +/- swelling around your genitals.



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DON'TS

- ❖ Do not drive for at least 1 -2 weeks after your surgery.
- ❖ Do not lift more than 10kgs for 2 weeks post your surgery.
- ❖ Do not have a bath; shower only until confirmed by Dr Gett.
- ❖ Do not return to strenuous exercise such as the gym, golf, running, swimming etc for at least 4 weeks post your surgery.

Please Call Your Doctor If You Notice Any Of The Following:

- ❖ **Increased swelling, redness or tenderness at your wound/s site.**
- ❖ **Any discharge from your wound/s.**
- ❖ **Increased pain.**
- ❖ **Fever or chills**
- ❖ **Unrelieved constipation or difficulty passing urine.**
- ❖ **Persistent nausea, vomiting &/or loss of appetite.**
- ❖ **Persistent diarrhea.**

