SURGICAL SERVICES

Post-Operative Instructions

Laparoscopic/Open Hernia Repair – Epigastric, Femoral, Inguinal, Incisional or Umbilical

PAIN:

You will have some degree of discomfort after your surgery, this should not be severe. You will be given a prescription for pain medication. Please take your pain medication as instructed. For mild to moderate discomfort, you may wish to take Acetaminophen (Tylenol™) or Ibuprofen (Advil™).

OPERATIVE SITE:

You may have one longer incision or up to 3 smaller incisions depending on the procedure performed. Your incision(s) will be covered by Steri-strip™ type dressing, which will be covered by a “see through”, waterproof dressing. Remove the waterproof dressing after 3 days, leaving the incision(s) covered by the Steri-strip™ dressing tapes. The Steri-strip™ dressing tapes should be removed after 7 days. Some surgeons prefer the “see through” waterproof dressing to remain on longer than 3 days. If your surgeon/nurse has given you other instructions related to your dressing, please follow those. Change the dressing if it becomes wet or soiled. No swimming   
in lakes, pools or hot tubs or bathing in a bathtub for 2 weeks until your incision   
has healed.

**In addition for Femoral or Inguinal:**

You can expect some swelling, bruising and tenderness at the incision line. This is normal and will gradually improve with healing. Swelling may occur into the scrotum; this is normal. You may apply ice to reduce the swelling. Apply the ice every 2 hours for 15 minutes while awake for the first 24-48 hours. A scrotal support may be used.   
If you have any difficulty passing urine, call your surgeon or come into emergency immediately.

CONTINUED ON OTHER SIDE 🡪

Information is available in alternate formats upon request

ACTIVITY:

Once you are discharged you may resume usual activities gradually, but do not lift anything over 15 pounds (7 kgs) until advised by your surgeon at your follow up appointment. Mild exercise, especially walking is encouraged. You may shower the day after your surgery but keep the incisions as dry as possible.

DIET:

Eat lightly the day of your surgery. It is advisable to eat a high fiber diet and drink plenty of fluids to prevent constipation. Constipation may be a side effect of your   
pain pills. Increase the fiber in your diet and drink plenty of fluids to help prevent constipation. Good sources of fiber are fruits, vegetables, and whole grain breads   
and cereals (All Bran™, Bran Flakes, Shreddies™ and Shredded Wheat). You may also purchase a mild laxative if needed, speak with your community pharmacist.

FOLLOW UP:

Your surgeon or nurse will advise you to call your surgeon’s office to schedule your follow up appointment date on the day of your surgery. If you are a Day Surgery patient, a nurse from the Day Surgery Unit will call the day after your surgery to address any questions or concerns you may have.

ADDITIONAL INFORMATION:

Some abdominal bloating may last for about 48 hours. The bloating may cause referred pain under the ribs and in the back and shoulders.

Call your surgeon or go to the nearest Emergency Department if you have any of   
the following:

* Elevated temperature (38°C or 100.4°F) and/or chills lasting more than 24 hours
* Excessive drainage from the puncture sites
* Increased redness or swelling around your incision
* Continued or increased pain and/or abdominal bloating
* Bleeding from your incision

The information contained on this sheet is provided to you and your family to help   
you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about   
your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer and ask that your healthcare providers and visitors do the same."   
Clean hands save lives.