Incisional/ Ventral/ Umbilical Hernia Repair

Are there any diet restrictions?

- Return to your same diet as before admission
- Taking smaller portions, more frequently during the day may help in transitioning to your regular diet (6-8 small meals per day)
- Avoid constipation; drink plenty of water and caffeine-free fluids. Take stool softener while you are taking prescribed pain medication

When can I go back to normal activities?

- No lifting anything greater than 5 - 10 pounds for 6 weeks. This includes strenuous activities such as vacuuming, lifting children, groceries, laundry, moving furniture, mowing lawns, sports activities
- No driving until your first post-op visit. You may ride as a passenger.
- You may climb stairs in moderation
- Walk as much as tolerated. This is the only activity/exercise allowed for 6 weeks
- Resume sexual activity after your doctor at first post-op visit

How will I care for my incision?

- If your surgery was out-patient, you may remove your dressing after 24 hrs and shower
- After discharge you may shower your incision once home. Gently wash your incision and pat dry. Leave open to the air and dry; no use of powders or creams. No tub baths, hot tubs, or swimming until the incision is completely healed
• Avoid tight clothing around your incision site or fabrics which may irritate the skin. Wear loose comfortable clothing.
• If staples are present, these will be removed at your follow-up visit. You may still shower.
• If steri-strips are present, these will fall off in about 1-2 weeks. **Do not** pull them off earlier.

**How I manage my pain at home?**
• For best pain control take your pain medication at regular intervals, about every 4-6 hrs. This will prevent pain build-up that may occur. Use only as much prescription pain medications as you need.
• Taking over the counter ibuprofen (Motrin®, Advil®) alternated with prescription pain medication may improve pain control
• Do not drink alcohol or drive while taking narcotic pain medication

**When should I call my doctor?**
Call if you have any of the signs and symptoms that may indicate an infection:
• Temperature above 101°F
• Significant increase in wound pain or discomfort
• Excessive redness, swelling, or drainage from the incision sites. It is normal to have scrotal swelling and bruising
• The incisions begin to open
Call if you have any changes in your overall health such as having:
• Nausea
• Vomiting
• Chills
• profuse (excessive) sweating
• diarrhea
• constipation
• inability to urinate or completely empty bladder
What is the number to call?

- On weekdays contact the General Surgery Call Center at 734- (734)-936-5738 (Monday – Friday, 8am –5 PM)
- On weekends, holidays, or after business hours call 734-936-6267 (hospital paging) and ask for the surgery resident on-call.

What is my follow-up care?

- You will return to the clinic for your follow-up visit about two weeks after discharge. If you have not already received an appointment, we will arrange it and notify you via the patient portal or by mail.