

Open Inguinal Hernia Repair

Are there any diet restrictions?

- Return to your same diet as before surgery
- 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?

- Do not lift, push, or pull anything greater than 5 -10 pounds for 6 weeks. This includes strenuous activities such as vacuuming, lifting children, groceries, laundry, moving furniture, mowing lawns and sports activities.
- No driving until your first post-op visit. You may ride as a passenger.
- Walk as much as tolerated. You may climb stairs in moderation.
- Resume sexual activity as discussed at your first post-op visit.

How will I care for my incision?

- Remove dressing 24 hours after surgery
- You may shower; gently wash incisions and pat dry. Leave open to the air and dry. No tub baths, hot tubs, or swimming until the incision is completely healed
- Steri-strips may be present. These will fall off in about 1-2 weeks. **Do not** pull them off earlier.

How I manage my pain at home?

- Your incision may be sensitive and numb following surgery.
- To reduce pain and swelling in the groin or scrotum you may apply ice packs to the groin area (Suggest-bag of frozen peas or corn). Do not apply ice packs directly to the skin. Cover with a towel and apply for only 15 minutes at a time.

- 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.
- Take over the counter ibuprofen (Motrin®, Advil®) alternated with prescription pain medication to improve pain control.
- Taper off the use of prescription pain medication by using acetaminophen (Tylenol®) or ibuprofen (Motrin®, Advil®) as pain decreases several days after surgery.
- 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.

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