



HERNIA SURGERY

These instructions will help you take care of yourself at home.



DIET

Start with clear liquids, advance slowly to your regular diet. Avoid constipation by eating fruits, vegetables and grains. Drink at least 8 glasses of water daily.



ACTIVITIES

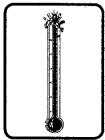
Rest today. Slowly increase activity. Climb stairs slowly. **DO NOT:** drive a car until _____, or while taking pain medicine. **DO NOT:** lift more than 5 to 10 pounds for 4-6 weeks.



First aid

SPECIAL CARE NEEDED

Keep your dressing dry and in place for 48 hours. Remove dressing and shower after 48 hours, patting the incision gently. Allow the steri-strips of tape to fall off on their own. If you have dermabond (topical skin adhesive) on your incision, keep dry for 48 hours. Then you may shower. The dermabond will slough off on its own in 5-10 days.



INFECTION

Watch for any sign of infection after surgery: **fever, chills, increased pain, redness, swelling, or foul smelling discharge from your wound.** Call your doctor at the first sign of any infection.



WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "Resident on call" for Dr. _____ if:

- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Vomiting lasting more than four (4) hours
- Large amount of bleeding or swelling

Call 911 if you have chest pain or shortness of breath