



# LAPAROSCOPIC 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, then slowly increase activity. Do not drive a car for 2-3 days. Do not lift over 20 pounds for one week.



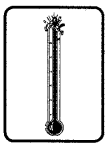
## SPECIAL CARE NEEDED

Keep your dressings dry and in place for 24 hours. You may shower in 48 hours and gently pat the incisions dry. Do not soak in a tub or swim for 5 days. Allow the steri-strips of tape to fall off on their own. If you have dermabond (topical skin adhesive) keep it dry for 48 hours. Then you may shower. The dermabond will slough off on its own in 5-10 days. Scrotal swelling: elevate scrotum and put ice packs wrapped in a towel.



## MEDICATIONS

Take the medicine that has been prescribed for you as directed.



## 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
- Increase in pain
- 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**