

Hernia Repair Discharge Instructions

- No lifting more than 15 pounds for four weeks unless otherwise instructed.
- OK to drive when you have stopped using prescription pain pills.
- Leave dressing on for 48 hours.
- Keep area dry for 48 hours. May shower after 48 hours with incisions uncovered. Showers only for one week post op, NO baths.
- Leave steri-strips on the incision for one week unless they cause irritation then remove. Band-Aids may be used for comfort, or may leave incision open to air after showering post operatively.
- Avoid constipation. Avoid straining for bowel movements. May use fiber laxatives, stool softeners, or Milk of Magnesia as needed.
- Scrotal support as needed for comfort for men.
- May use ice packs for comfort.
- Expect some bruising and occasionally small amounts of drainage from the area.
- Use stairs as tolerated.
- Avoid intercourse if painful.
- Wear surgical hose until up and ambulating well. May remove for 1 hour a day and while bathing.
- Resume your regular diet and medications unless otherwise instructed.
- Return to work determined by surgeon.
- If you have any of the following occur, please contact your surgeon:
 - Chills or fever over 101°.
 - Severe pain not relieved by medication.
 - Redness, drainage, foul odor, or swelling at surgical site.
 - Persistent or heavy bleeding other than what was described by your surgeon.
 - Bleeding from surgical site 7-10 days after surgery.

Additional Instructions and Medications: _____

Follow up Appointment: _____ AT _____

It has been our pleasure to take care of you. If you have any questions about your care, please contact our office during normal business hours at 712-262-6320. After hours or weekends, please call your local emergency room.