

SURGICAL ASSOCIATES OF TRAVERSE CITY, P.L.L.C.

1221 Sixth Street, Suite 306 • Traverse City, Michigan 49684 • (231) 935-2400 • Fax (231) 935-2424

Discharge Instructions for Adult/Pediatric Hernia Repair Inguinal, Umbilical, Incisional, Ventral

Wound Appearance and Care

- Most incisions will have absorbable sutures.
- The incision edges may be crusted with old blood or a scab. Often times there is mild redness along the incision line. Swelling and bruising around the incision is common and usually lasts for a week or so.
- **Gauze bandage:** May be purposefully snug to prevent swelling. This bandage should be removed 48 hours after the procedure, unless you are advised otherwise, then you may shower. You may leave the wound uncovered, unless there is drainage, in which case a light bandage will help to protect your clothing.
- **Tegaderm bandage:** This bandage is a clear, thin adherent piece of plastic, which allows you to see the incision. You may shower with this on. Remove bandage **3-5 days** after your surgery. This can be done during your shower.
- Shower daily cleansing incision with soap and water. Do not bathe or soak in a tub for 1 week.
- **Ice pack:** To help avoid and control swelling, bleeding and pain, an ice pack over the incision may be used for the first 12 - 24 hours alternating 20 minutes on, 20 minutes off as tolerated. A Ziploc bag with crushed ice works fine for this. Be sure to wrap the ice pack in a thin, light cloth to avoid irritation to your skin.
- Support your incision with a pillow or your hand when you cough.
- **MEN:** The penis, scrotum and upper thighs may become swollen and bruised. Often this doesn't appear for 2-3 days after surgery and will last several weeks. Wear a scrotal support for comfort.

Pain Management

- Mild to moderate discomfort usually follows; however, pain response varies with every individual. Usually patients do not experience severe or incapacitating pain. Swelling and bruising are often the cause of discomfort; therefore, the more you have, the more pain you may experience.
- Take medicine with food or milk to prevent upset stomach.
- Tylenol, Aspirin, or NSAID's (Motrin, Advil, Naprosyn) are usually suggested for pain control.
- Narcotic prescription may be given for breakthrough pain.
- You may use an over the counter stool softener (Colace) if needed. Pain pills can cause constipation.
- Use Milk of Magnesia or other gentle laxative if no bowel movement within 3 days of surgery.
- **LAPAROSCOPIC REPAIR:** You may have pain in your shoulder(s). It should resolve in 24-48 hours.

Call if you have any of these symptoms

- Fever greater than 101 degrees orally. **In Infants call for any fever.**
- **CHECK TEMPERATURE** if patient has chills, rigors, or sweats.
- Nausea, vomiting, constipation or abdominal swelling
- Pain not controlled by pain medication. **Please know that discomfort is normal and to be expected as you use your abdominal muscles for many daily activities.**
- Rash, itching, hives, difficulty breathing.
- Inability to urinate within 6-8 hours of your surgery time.
- An incision that becomes red, hot, or is draining yellow pus- like discharge.
- Persistent bleeding from the wound.
- Increasing amount of swelling.

Activity

- Do not lift anything heavier than 15 pounds for _____ weeks.
- Avoid straining, stretching, strenuous exercise.
- Do not drive while taking pain medicines or if you feel your reflexes to react have not returned to normal.
- Use good body mechanics when moving. Turn to your side before getting out of bed, using your arms to push yourself up.
- **Children/Infants** – Activity/sports is not usually limited.

Diet

- Good nutrition is important to tissue healing. Eat a well-balanced diet including **ALL** food groups as tolerated.
- Drink six to eight, 8 oz. glasses of water a day unless fluids are restricted.

Additional instructions _____

Call 231-935-2400 to arrange a follow-up appointment in _____ days/weeks.

Should you have any questions or concerns please call Surgical Associates nurses' station at 231-935-2417.

After 5:00 PM call Munson Hospital at 231-935-5000 and ask for your doctor.

There is always a doctor on call for our practice.