



## Patient Info: Post-Op Instructions for Hernia Surgery by Dr. Jose Erbella

<b>Procedures</b>	Inguinal Hernia, Laparoscopic Hernia, Umbilical or Ventral Hernia
<b>Incision Care</b>	Remove any dressing(s) in 24hrs. The incision(s) may be sealed with <b>staples</b> , a skin adhesive ( <b>Dermabond</b> ) or covered with white adhesive tapes known as <b>steri-strips</b> . Either way, there is no need to cover up the incisions again with gauze.
<b>To Prevent Swelling</b>	Swelling & bruising around incisions and even down into the scrotum is common. Do not be alarmed. You may apply an ice pack to the incision for the first 24-48hrs & wear a scrotal support for comfort.
<b>Shower</b>	You may shower 24 hours after surgery & get the incision(s) or steri-strips wet with soapy water and gently pad them dry. If the steri-strips come off in the shower, do not become concerned. If they are still in place 10 days after surgery, you may remove them.
<b>Pain Medication</b>	You will be given a prescription for a narcotic pain medication (usually Lortab or Percocet). You may use this if necessary, however, narcotics are constipating and may make your bowel movements more painful. Options for non-constipating pain medications include products that include Ibuprofen or Tylenol.
<b>Bowel Medications</b>	To combat constipation, you may take a stool softener ( <b>Colace</b> ) twice each day.
<b>Activity</b>	Do not do any heavy lifting (more than 10 pounds) or vigorous exercise for 3-6 weeks.
<b>Urination</b>	If you cannot urinate, sit in a warm bath then try again.
<b>Diet</b>	You may eat anything you desire. If your throat is sore, try eating soft foods.
<b>Return to Work</b>	You may return to work in <b>1-2 weeks</b> .
<b>Physician Appointment</b>	Call (941) 896-4788 to make your post-operative appointment to see Dr. Erbella in <b>1-2 weeks</b> or if you have any questions.
<b>When to call your Surgeon</b>	<p>Persistent fever over 101.5 degrees F (39 C).</p> <p>Pain that is not relieved by your medications.</p> <p>Persistent nausea or vomiting.</p> <p>Persistent cough or shortness of breath.</p> <p>Purulent drainage (pus) or bleeding from any incision.</p> <p>Redness surrounding any of your incisions that is worsening or getting bigger.</p> <p>If you are unable to eat or drink liquids.</p>
<b>In Case of Emergency</b>	Dr. Erbella is available 24hrs a day. You may call either our office (941) 896-4788, your nearest emergency room at Blake, Lakewood Ranch or Manatee Hospitals or Dial 911.