

LAPAROSCOPIC HERNIA REPAIR POST-OPERATIVE INSTRUCTIONS

You may hear many instructions regarding your care. Please follow these unless otherwise directed by your physician. Please check with your physician prior to following any well-meaning advice from friends, etc.

ACTIVITY

You have had a general anesthetic today. The medication which was used to calm or sedate you will be acting in your body for the next twenty-four (24) hours, so you might feel a little sleepy or fatigued which is normal after surgery. This feeling will slowly wear off. Because the medications or sedation still is in your system, for **the next twenty-four (24) hours**, the adult patient should **observe the following**:

1. DO NOT drive or operate hazardous machinery
2. DO NOT drink alcoholic beverages.
3. DO NOT make important personal or business decisions or sign legal documents.
4. DO NOT take any medications other than those prescribed by your doctors.
5. Limit your activities, REST AS MUCH AS POSSIBLE today. Walking is OK. Use a
6. You may take a shower anytime after the operation, but do not wash vigorously over the incisions as long as there is a scab over it or you may get oozing.
7. NO spa, Jacuzzi or swimming until your physician sees you.

You may engage in activity limited only by discomfort. Walking, stairs, etc. are fine the day of surgery. No weight lifting limitations of any kind are needed from the standpoint of your hernia repair. You should not drive a car if you are taking any of the pain medication which was prescribed for you.

PAIN

You can expect a minimal to moderate amount of pain at the surgical site. You may take Tylenol or other aspirin-free products. Take any prescription pain medication on a full stomach with milk, yogurt or ice-cream to prevent nausea. Pain medications may make you dizzy and drowsy, so it is wise to rest after taking them

Tylenol can also be used for pain or discomfort, but please try to limit the total number of extra-strength Tylenol (500mg) and the pain pills to no more than nine (9) tablets total in any 24 hour period.

Next pain medication may be taken at: _____ (time).

DIET

Begin with clear liquids and progress to your normal diet. It is helpful to increase fluid intake for the first 24-48 hours.

Pain medications are often constipating. Bran flakes, whole grains, fresh fruits and vegetables help. If after two or three days you have not had a bowel movement, try two tablespoons of Milk of Magnesia or Haley's MO before bedtime. Your constipation will also be helped if you take Metamucil, one or two tablespoons twice daily in a large glass of cold water.

Take your usual medications

DRESSINGS

You may notice some dull aching or burning at the incision site, or muscle aching in the neck or chest region. This is not unusual and should go away within 24 hrs.

The skin glue at the incisions will protect the area until it comes off on its own. You may shower the morning after your operation. Simply pat dry the area of the incisions.

The glue will begin to come off in 10 - 14 days.

You may experience any of the following after the operation:

Sore navel (from the incision) or bruise around the navel or bruise on the abdomen.

Shoulder ache (if gas entered the abdomen during the procedure).

Discomfort or bruising in the groins.

Soreness at the intravenous site (from the needle and/or from the drugs injected).

Sore throat if you had a general anesthetic (from the tube in your throat)

Fatigue (from just having an operation).

These discomforts should improve rapidly. They are usually gone or much improved by the following day; however, occasionally they may last two or three days. However, if you have any significant discomfort which is markedly worsening 24 hours later, call you physician.

NOTIFY YOUR DOCTOR IF ANY OF THE FOLLOWING OCCUR:

Persistent vomiting.

Fever 101° or higher.

Severe abdominal pain/cramping Inability to urinate despite feeling bloated

COMPANION:

You are absolutely required that you arrange to have someone drive you home. Patients are not permitted to leave the surgicenter alone following an operation. We strongly suggest that a responsible adult be with you for the rest of the day and also during the night for your protection and safety.

APPOINTMENTS

If an appointment date and time were not provided to you at the time of discharge, please call our office for an appointment after you leave the hospital.

ADDITIONAL QUESTIONS

Should you have any questions at any time, please do not hesitate to call the office.