

Dr. Hamish Hwang Inc.

General Surgery, GI Endoscopy & Esophageal Physiology

#200-3207 30 Ave, Vernon, BC V1T 2C6 Phone 545-2288 Fax 545-2781 doctorhwang.ca

Post-op instructions after hernia surgery (inguinal, umbilical, incisional)

ACTIVITY:

- No lifting greater than 20 lbs, running or jumping for the first four weeks following your surgery.
- You may shower the day following your surgery. Do not bathe or swim for 1 week.
- Do NOT drive a car while you are taking pain medicine.
- Walking around, office work, and climbing stairs is fine as soon as you feel able.
- If a particular activity causes immediate pain – stop. You may try to resume activity in another week.
- Drink lots of fluids. Eat according to how well you feel.

INCISION CARE:

- In most cases you will not require staples or sutures to be removed unless you have a long incision. Dr Hwang usually uses absorbable sutures beneath the skin.
- If you have a gauze with a clear dressing on top remove them 2-3 days after surgery. If left on too long it might become sweaty under the clear dressing.
- If you have steri-strip tapes on the skin these reinforce the suture repair and are best left on for a week or more. Don't leave them on for more than 2 weeks.
- Expect a hard ridge under or near your incision. This is expected and will disappear in time. All patients get this and it disappears after about three months. It is common to have a patch of numbness under the wound that may or may not go away.
- For incisional hernias, you may see bulging at the site of your previous hernia. This is because the hernia sac is filling with fluid. The swelling will go down in several weeks when the fluid is re-absorbed. Use an abdominal binder during the day for 1-2 months to help reduce this.

COMMON PROBLEMS:

- If you are unable to move your bowels, you can take any over the counter laxative or enema preparation. Limit your diet to clear fluids until the constipation resolves.
- If you are taking narcotics for pain relief you may need to take a stool softener like "Colace".

CALL YOUR DOCTOR IF:

- You have chills or your temperature is greater than 38C.
- You have new redness in the incision or increasing pain.
- Persistent bleeding, nausea or vomiting, or inability to urinate.
- If you have any other questions or concerns, please call our office at any time at 250 545 2288.

FOLLOW-UP:

- If you do not have an appointment for a follow-up visit please call our office at 250 545 2288. The follow up should be approximately one month after surgery.