

Notify your surgeon if you develop

- increasing pain in the incision
- excessive redness on or around the incision
- increased swelling in the incision
- a fever of of 38.5° C or 101° F or higher

Follow Up Appointment

Make an appointment to see your surgeon in _____ weeks.

- Dr. Ainslie
- Dr. Demetrick
- Dr. Wiseman
- Dr. Langer
- Dr. Taves
- Dr. Crowley
- Dr. G Hwang

545-6443



Discharge Instructions following Hernia Repair

Healthlink BC

Dial 8-1-1

Hearing Impaired Dial 7-1-1

Talk to a Nurse 24 hours/day, 7 days/week

Pharmacist available between 5 p.m. - 9 a.m. daily

Dietitian between 9 a.m. - 5 p.m. - Monday to Friday

www.healthlinkbc.ca

Vernon Jubilee Hospital

2101 32nd Street

Vernon, BC V1T 5L2

Phone: 250-545-2211

If you have any questions or concerns, please discuss them with a nurse.

If you have had a daycare surgery, you **must** be accompanied home by a responsible adult. You are **not allowed** to drive. If you take a taxi home, an adult must be with you.

If you have had a general anesthetic, a responsible adult **must** stay with you after your surgery and overnight.

You **must not** drive or operate heavy machinery for at least 24 hours following anesthetic.

Do not drink alcohol for 24 hours following surgery as it will increase the effect of the anesthetic. **Do not** drink alcohol while taking narcotics for pain control.

Follow the instructions given to you by your Doctor. Take medication for pain as ordered.

Discomfort

Expect some discomfort and muscle stiffness.

After surgery, you may be given a prescription for pain medication. Be sure to have the prescription filled before going home. If no prescription given, you may use Tylenol Extra Strength for pain control.

Take pain medication regularly every three to four hours, including during the night, for the first 24 hours after surgery. Following, take every four to six hours as needed.

An ice pack of frozen peas or corn may help relieve the pain and swelling. Put the ice pack on the incision for 15 minutes, and remove it for 45 minutes. Ice is the most beneficial for the first 48 hours after surgery.

It is easier to get out of bed by rolling to one side.

Laparoscopic Hernia Repair

If the hernia was repaired laparoscopically, you may have several small incisions. **You may have:**

Abdominal distention (bloating in the abdomen) and feel uncomfortable for 24–48 hours. Shoulder pain is common, it can also be across the upper chest; this is a result of the gas inserted into your abdomen during the operation.

Lifting, pulling, etc will be restricted for a period of _____ weeks.

Post-op Wound Care

Dr. Taves/Dr. G. Hwang: leave dressing undisturbed until office visit in 7 days. May shower as desired.

Dr. Langer/Dr. Ainslie: no showers for 2–3 days, then remove dressing, shower, pat wound dry and leave open to air.

Dr. Ainslie: take steri strips off on day seven.

Drs. K. Wiseman/Demetrick: Leave dressing on for 2–3 days, then remove outer part of dressing(s), leave steristrips on until they fall off.

Dr. J. Crowley: leave dressing in place and keep dry for 3 days, then remove and have a shower. Pat dry and leave open to air.

Groin incisions may cause bruising and swelling of the genitals. This is not usually a problem, but it occasionally interferes with passing urine.

Voiding

If you are unable to void (pass urine) for eight hours, go to the Emergency Department.

Nutrition

Eat a light meal and drink plenty of fluids the evening of your surgery.

Resume your regular diet the day after your surgery. If you are having difficulty with bowel movements, include high fibre foods, e.g. fruits and vegetables.

You should have a bowel movement within three days after surgery.

You may take one ounce of Magnolax or a suppository if you are having difficulty with bowel movements. Do not strain with bowel movements.

Activity

Do not lift, push or pull anything that requires an effort for six weeks.

If it hurts, don't do it!

Walk several times a day, maintaining normal posture.