

DR. HARRIS POST OPERATIVE HERNIA INSTRUCTIONS

1. A prescription for pain medication will be given to you after your procedure. Take your pain medication as prescribed, if needed. If narcotic pain medicine is not needed, then you may take acetaminophen (Tylenol) or ibuprofen (Advil) as needed.
2. Take your usually prescribed medications after surgery (including blood thinners) unless otherwise directed.
3. You should follow a light diet the first 24 hours after arrival home, such as soup and crackers, etc. Be sure to include lots of fluids daily. Resume your normal diet the day after surgery.
4. Most patients will experience a lump, swelling, aches and bruising around the surgery site. Due to the swelling, it may feel as if your hernia is still there. This is normal. Ice packs, scrotal support and reclining will help. Swelling and bruising can take several weeks to completely resolve.
5. It is common to experience constipation while taking pain medications after surgery. Increasing fluid intake and taking a stool softener (such as Colace) will usually help or prevent this problem from occurring. A mild laxative (Milk of Magnesia or Miralax) should be taken according to package directions if there are no bowel movements after 48 hours.
6. Medical glue (Dermabond) will be applied over your incisions. You may shower in 24 hours, but no bath for 2 weeks. Do not scrub the skin glue; the glue will flake off over the next 2-3 weeks.
7. ACTIVITIES:
 - a. You may resume regular (light) daily activities beginning the next day – such as daily self-care, walking, climbing stairs – gradually increasing activities as tolerated.
 - b. You may resume sexual activity when it is comfortable.
 - c. Refrain from any heavy lifting (> 20#'s) or straining until 3 weeks after your surgery.
 - d. You may drive when you are no longer taking prescription pain medication, you can comfortably wear a seatbelt, and you can safely maneuver your car and apply brakes.
 - e. If your job does not require strenuous activity, you may return to work as soon as you feel comfortable, usually 3-4 days.
8. You should see your doctor in the office for a follow-up appointment approximately 2-3 weeks after your surgery. Make sure that you call for this appointment within a day or two after you arrive home to ensure a convenient appointment time.

9. If you are still having pain after using all of your pain pills, you may try Tylenol or Advil. If this does not help, please contact our office. Pain prescriptions cannot be called in to a pharmacy.
10. If you have disability or family leave forms, you must bring them to the office for processing. Please do not give them to your doctor.
11. OTHER INSTRUCTIONS:

WHEN TO CALL YOUR DOCTOR:

1. Fever over 101.5 (F)
2. Inability to urinate
3. Persistent nausea and vomiting (after the first 24 hours)
4. Extreme or worsening swelling and bruising
5. Continued bleeding from an incision
6. Increased pain, redness, or drainage from an incision.

The clinic staff is available to answer your questions during regular business hours. Please don't hesitate to call and ask to speak to one of the nurses for clinical concerns. If you have a medical emergency, go to the nearest emergency room or call 911. A surgeon from our office is always on call.