



PRE-OPERATIVE HERNIA INSTRUCTIONS

1. Most patients require basic bloodwork before their surgery. Some patients may require an EKG (heart rhythm test) and/or a chest x-ray. Please be sure to discuss with our office what will be required while scheduling your procedure. If you have these tests from another Physician's office, please let our office know while scheduling.
2. Aspirin, Plavix, Coumadin, Lovenox, Pradaxa and other blood thinners need to be stopped anywhere from 2-5 days prior to surgery. Please speak with our office if you are taking any of these medications.
3. Do not shave the area where your hernia is located for at least a week before your surgery. Any shaving that is required will be done at the time of your surgery. This minimizes the risk of skin infections after your surgery.
4. Do not mark your skin to indicate your hernia's location. Your skin will be marked in the pre-operative area before your surgery.
5. You may take your usual medications the morning of surgery with a sip of water. Do not take medications for your diabetes or any blood thinners.
6. Plan on taking your usual medications (blood pressure, diabetes, blood thinners, etc.) the evening of your surgery day unless otherwise directed.
7. Please review our Post-Surgery Pain Management form to ensure you have all the needed over-the-counter medications and any other supplies for after your surgery.
8. It is common for patients to experience moderate to severe constipation after surgery due to IV pain medications given during surgery and any oral pain medications taken at home. Having a stool softener (such as Senokot S) or a mild laxative (Milk of Magnesia or MiraLAX) available for after the surgery can be helpful.
9. If you have a history of constipation, taking these medications BEFORE surgery is strongly recommended. Many patients find constipation to be their worst issue after surgery. Please ensure you manage this appropriately.
10. Remember, your activities will be limited after surgery. Do not make plans that require significant activity or stress for the 3-4 days immediately after your surgery.
11. If you have disability or family leave forms, you must bring them to the office for processing before your surgery. Please do not give them to your doctor.

Our staff is available to answer your questions during regular business hours. Please don't hesitate to call to speak to one of our medical assistants or nurses for clinical concerns.