



DR. HARRIS PRE OPERATIVE HERNIA INSTRUCTIONS

1. Most procedures require basic blood work and sometimes 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 from another Physicians office, please let our office know while scheduling.
2. 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.
3. Aspirin, Plavix, Coumadin, Lovenox, Pradaxa and other blood thinners for heart disease need to be stopped at least 5 days prior to surgery. Please speak with our office if you are taking any of these medications.
4. 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.
5. A prescription for pain medication will be given to you after your procedure. Take your pain medication as prescribed, if needed. If you find that narcotic pain medicine is not required, then you may take acetaminophen (Tylenol) or ibuprofen (Advil) as needed.
6. Restart your usually prescribed medications the night of your surgery (including blood thinners) unless otherwise directed.
7. Please expect some swelling, aches and bruising around the surgical sites after your surgery. Due to swelling it may feel as if your hernia is still there. This is normal. Getting ice packs (or a bag of frozen peas) will be helpful for after the surgery. Plan to ice your surgical site for 24-48 hours after surgery as often as possible.
8. It is common to experience mild to severe constipation if taking pain medication after surgery. Having a stool softener (such as Colace) or a mild laxative (Milk of Magnesia or Miralax) available for after the surgery can be helpful. If you suffer from constipation, starting these medications the day before surgery can be helpful.
9. Remember, your activities will be somewhat limited after surgery. Do not make plans that require significant activity or stress for the 3-4 days immediately after your procedure.
10. 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 your surgery to insure a convenient time.
11. OTHER INSTRUCTIONS:

Our 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 our staff for clinical concerns.