



## HERNIA RECOVERY CHART

Day	Pain Level	When to Return to Work & School	Activity at Home & Work	Level of Exercise & Athletics
0-4 First weekend	Moderate pain, often requires oral Advil & Tylenol, some prescribed opioid pain pills	Patients should expect to be off from work or school for this time period	No important plans or events should be considered for this time period. Only basic daily functions should be performed: walking, eating, breathing deeply and sleeping	No athletic activity should be performed during the first weekend
5-7 First week	Mild pain, occasional Tylenol & Advil	Most patients will be able to return to work or school by post operative day 4, no lifting, expect to be 50%	Most patients will be able to resume light activities around the house and at work without any lifting	Some light stretching, walking and other slow-paced activities can be performed
8-14 Second week	Occasional discomfort, some stiffness or soreness, Tylenol or Advil	All patients will be able to return to work or school but with lifting limitations of less than 20 pounds, expect to be 75%	Patients will be able to resume most activities around home and work that do not include lifting more than 20 pounds	Some light stretching, walking and other slow-paced activities can be performed
15-21 Third week	Oral medicines are not usually required	All patients will be able to return to work or school but with lifting limitations of less than 20 pounds, expect to be 85%	Return to normal home and work activities without heavy lifting (more than 20 pounds)	Light jogging, easy biking, leisurely swimming, light weights at the gym (less than 20 pounds)
After third week	Oral medicines should not be required	Patients will be able to perform all activities at work or school without limitations, expect to be 95-100%	Return to normal home and work activities including any heavy lifting that is required	Return to all athletic activities including: cycling, running, yoga, Pilates, tennis, golf, contact sports, heavy lifting, training and competitions.

Although this chart was compiled based on the average recovery of our patients, each person will recover differently. Keep in mind that it's not uncommon for patients to feel pulling, tugging, aching, burning, heaviness, swelling, occasional sharp pains, and some discomfort for weeks after hernia surgery.

Sexual activity can be resumed when it is comfortable to do so. You may drive if you are not taking prescription pain medications, you can comfortably wear a seatbelt, and you can safely maneuver your car and apply brakes.