



# Laparoscopic Inguinal Hernia Repair Post-op Instructions

## Diet

- Start with clear liquids today to prevent nausea, vomiting and constipation, (soup, Jell-O, juices, popsicles, and carbonated beverages.) Drink plenty of water (at least 8 large glasses a day.)
- Advance to regular diet tomorrow. Eat lots of whole grains, fruits, green leafy vegetables. Avoid dairy products or foods that cause constipation.

## Medication

- Take pain medication ordered by your doctor. Take crackers or toast with pain medication while on clear liquids.
- \_\_\_\_\_
- Take stool softeners as prescribed.
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## Activity

- Rest for the next 24 hours.
- Walk to bathroom and other short distances only, on night of surgery.
- On next day, get up and walk as tolerated.
- Do not make sudden position changes; if lying down; sit for a minute before standing.
- No driving for one week.
- No lifting greater than 10 pounds for 6 weeks.

## Dressing

- There will be 3 to 4 small incisions in the abdominal area. Your incisions will be closed with skin clips or sutures as determined by your surgeon. Dressings will cover your incisions.
- Keep your dressing clean and dry for 48 hours.
- You may remove the outer dressing after 48 hours. After you have removed the dressing, you may cover your incisions with Band-Aids or leave them open to air, which ever is more comfortable.
- If you have steri strips (thin strips of white tape), leave them in place until your appointment with your doctor. The steri strips may fall off on its own in approximately 10 days.
- If you have Indermil, a topical skin adhesive, this would naturally slough off your skin in 5 to 10 days. Do not rub, scratch, or pick at the Indermil. Do not apply any medications or any products to wound while Indermil is in place.

## Bathing

- May shower after 48 hours. Gently pat-dry wound area with soft clean towel.
- No bathing, immersion or swimming for at least 10 days.



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### Miscellaneous

- No alcohol for 24 hours or while taking pain medicine.
- Do not make any personal or business decisions for 24 hours.
- You should have a responsible adult with you for the rest of the day and night.

### Special Instruction

- Avoid constipation.
- Avoid straining with bowel movements.
- Avoid foods that cause constipation.

### What to Expect

- Right shoulder discomfort, chest tightness, bilateral shoulder discomfort for 24 to 48 hours after surgery, gradually this will go away. It is caused by carbon dioxide used to inflate your abdomen during the procedure. Carbon dioxide is a gas, and like all gases, travels upwards, settling on your chest and shoulders.
- Soreness in the abdominal area similar to an ache you would feel after starting a new exercise program involving your abdominal muscles. This ache will gradually go away within a few days.
- Your abdomen may be distended for a few days after surgery.
- There may be a large black or blue area (bruise), on your abdomen to your hip. This may appear within the first week after surgery. It is caused by blood pooling under the skin from your surgery. Your body will reabsorb this blood over time. The bruise will turn yellow and disappear in time.
- Bowel movement irregularity is expected with pain medication (stool softener for constipation, as ordered.)
- You may feel sleepy during the day, but not excessively so.
- You may have some nausea or vomiting the day of surgery, but this should not persist.
- You may have a sore throat.

### Possible Problems

Call your surgeon if:

- Unable to drink liquids in the morning because of nausea.
- Unable to urinate 8 hours after your surgery.
- Temperature above 100.5oF.
- You notice excessive bleeding or unexpected drainage from the incisions.
- You notice extreme redness or warmth around your incision sites.
- Wound edges, opens, or separates.
- Nausea or vomiting 24 hours after surgery.
- Excessive pain (pain medication may not completely eliminate discomfort).



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## Post-op Instructions

### Telephone numbers to call with Problems or Questions

#### Surgery Clinic: Department 286

Mon – Fri, 8:30 a.m. to 5 p.m.  
(408) 851-2000

#### Medical Offices Call Center

Mon – Fri, After Business Hours, Weekends and Holidays  
(408) 554-9800

#### Emergency Department

Open 24 hours  
(408) 851-5300

### Follow-up Appointment

Name:

Place:

Date:

Time:

Return to Work:

Medical Provider: