

# Hernia Repair

A hernia is a weakness or tear in the wall of the abdomen, sometimes called a “rupture.” Your surgeon may repair it with an open incision or through a laparoscope. There are many different types of hernias.

- **Incisional hernia** occurs at the site of a previous surgical incision, anywhere on the abdomen.
- **Umbilical hernia** occurs in the umbilical ring around the naval.
- **Inguinal hernia** occurs in the groin near the internal ring.
- **Femoral hernia** occurs in the thigh, just below the groin.

## **Before the day of surgery:**

- Ask your doctor if you need to stop blood-thinning medicines like aspirin or coumadin.

## **On the day of surgery:**

- You will need to arrive 1 ½-2 hours before surgery. A nurse will interview you, start an IV and answer any questions you have.

## **Return appointment**

- Keep your scheduled appointment at your surgeon’s office.

## **Diet**

- You will be started on clear liquids after surgery. Further instructions on advancing your diet will be given at the time of discharge.

## **Activities and restrictions**

- Follow your doctor’s orders concerning driving, returning to work, exercising, climbing stairs and lifting.
- Sexual intercourse is allowed when comfortable.
- Support your incision with your hand or pillow when walking, coughing, laughing, etc. to decrease discomfort.
- Light exercise can improve circulation. Walk as much as possible.

## **Discomfort**

- Take prescribed pain medication as directed by your surgeon. Narcotics should be taken with food to help avoid stomach upset.
- As you continue to recover, you will need less pain medication. Tylenol or Advil may be used with the consent of your surgeon.

**Medications**

- Resume your regular medications unless otherwise instructed by your doctor.

**Wound care**

- An ice pack may be applied to the incisional site.
- You may bathe/shower as directed by your surgeon.
- If you have narrow strips of tape across your incision, do not remove them – they will peel and eventually fall off.
- Male patients may experience swelling of the scrotum. To control this, wear close-fitting briefs/jock strap/scrotal sling, elevate the scrotum on a towel while resting and apply an ice pack to the scrotal area.

**Urination**

- If unable to urinate 8 hours after surgery, call your surgeon for further directions. Some surgeons allow patients to be discharged without urinating if they have no urge to do so and are comfortable.

**Reason to contact your physician**

- Temperature of 100 degrees or higher
- Pain not controlled with prescribed pain medication
- Large amounts of bleeding, drainage (pus), redness or swelling
- Prolonged nausea or vomiting