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## POSTOPERATIVE HERNIA SURGERY INSTRUCTIONS

- Avoid showering for (2) days following your surgery.
- Leave gauze and tape on for (2) days following your surgery, after which you may remove it. The steri-strips beneath the gauze and tape are covering dissolvable sutures and these strips will fall off on their own in 2-3 weeks. The wound does not need to be covered unless it leaks blood.
- Expect some bruising and swelling. A healing ridge beneath the incision is expected and may last a few weeks. Men will experience bruising of the penis and scrotum.
- Avoid lifting anything that causes pain. Walking is encouraged immediately after surgery. Other activities can be added as tolerated.

**Post-operative pain and medication:** I do not give out pain medication over the telephone. If you are in severe pain, please call our office or go to the emergency room. If you're taking narcotics and experiencing nausea, vomiting or constipation, stop taking the narcotic and use acetaminophen (Tylenol) or ibuprofen (Motrin or Advil).