

Post-Op instructions for HERNIA patients

- 1) Take your pain prescription every 4-6 hours on the 1st and 2nd post-op days.
- 2) Place ice bag on the incision for the first 48 hours (while awake 20 min on and 40 min off), and more days for comfort.
- 3) Expect swelling and black and blue bruising of the genital area.
- 4) You may remove outer bandages after 48 hours. At this time you may shower normally. You can use soap and water on the incision and pat the area dry.
- 5) Avoid constipation with stool softeners (COLACE/SURFAK) or laxatives (MIRALAX/CORRECTOL/DULCOLAX) of your choice. **Bowel movements are irregular after anesthesia and with the use of pain pills.** You should also increase liquids and your fiber intake.
- 6) Always stand (if you are a man) to empty your bladder. If unable to empty your bladder within the first 10 hours after surgery or if you notice blood in your urine, call our office at 303-452-0059 or go to the emergency room.
- 7) Follow up in our office 10-14 days after surgery for suture removal/post-op check:
Date:_____Time:_____
- 8) You may walk and go up and down the stairs, taking them one at a time.
- 9) **NO** lifting, pushing, pulling or dragging greater than 15 lbs for 6 weeks from your surgery date.