



Inguinal Hernia repair Discharge Instructions

- No diet restrictions – diet as tolerated
- Do not shower for 24 hours. Leave dressings on for 48 hours. After 48 hours, you may remove the outer layer of the dressing, but leave the Steri-Strips in place. You may then shower over the Steri-Strips and pat dry. Leave the Steri-Strips in place until they fall off spontaneously.
- Tub bathing, including hot tubs and pools, is not permitted for 2 weeks from the date of your surgery.
- Do not lift more than 20 pounds for the next 2 weeks unless otherwise directed.
- Activity as tolerated with weight restriction in mind.
- You may begin aerobic exercise in 2 weeks.
- Remove the pain pump in 48 hours.
- Once the pain pump is removed, you may apply ice to the area 30 minutes on and 30 minutes off while awake for further pain relief.
- For inguinal hernia repair in men, expect bruising and swelling of the scrotum and penis. Do not be alarmed!
- You may use a pillow over the surgical area to hold pressure to cough and deep breathe or if you need to sneeze.
- Watch for fever, chills, redness around the incision site, nausea, vomiting, increased pain, drainage from the incision site, shortness of breath, or chest pain. Call the office at 303-837-6799 if you have any of these symptoms or other questions or concerns.

General Post Anesthesia Instructions

- **No driving and no alcoholic beverages** while on narcotic pain medication.
- Pain medication can make you dizzy or nauseated; take with food.
- Smoking may increase dizziness and nausea.
- Continue to take prescription medication as ordered. If using sedatives and /or sleeping pills, be extremely cautious since their effect will be increased due to anesthesia and/or pain medication.
- Keep your activity to a minimum for the next 24 hours. Gradually increase your activity.
- Call your physician if you experience any difficulty urinating or if you have any other problems or concerns.

DO NOT take more than:

Vicodin – 8 pills in 24 hours	Percocet – 12 pills in 24 hours
Tylenol #3 – 12 pills in 24 hours	Darvocet – 12 pills in 24 hours