Post Hernia

1. Try to have some food in your stomach prior to taking painkillers as they may cause nausea and vomiting if administered on an empty stomach. Use the painkillers as needed but as soon as possible switch to Advil or Tylenol. Do not drink any alcohol the day of surgery and you cannot drink alcohol the while on the painkillers. It is common to get constipated after hernia surgery. Try to avoid constipation by staying hydrated and eating food that contains a lot of fiber (fruits, vegetables, brown bread etc.), taking the stool softener and if needed use a fleets enema.

2. Make a follow-up appointment in about two weeks. Call for an appointment at 703 823 4066.

3. Remove outside dressing the next morning. Leave the steri-strips (if applicable these are white stripes right on your incision) in place, they will fall off on their own. Unless otherwise instructed it is safe to take a shower over the wounds the day after surgery. It will be normal to have some swelling over your incisions, as well as some testicular discomfort, there may also be discoloration of the scrotum or penis.

4. You can drive once you are mobile and off the painkillers.

5. It is safe to go up and down stairs and to start aerobic activity as soon as tolerated. Avoid lifting greater than 25lbs and sit-ups for the first two weeks.

6. If you develop persistent nausea, vomiting, have a fever greater than 101.5, become distended, cannot urinate, develop leg swelling or persistent abdominal pain please call the office at 703 823 4066 even after hours. If there is no answer then please go to the nearest emergency room or call 911.