

SURGICAL ASSOCIATES, PC
GENERAL, THORACIC AND LAPAROSCOPIC SURGERY
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AFTER CARE
HERNIA SURGERY

- I. Leave outer dressing in place for 48 hours, leave steri-strips for 7-10 days or until they start to pull off
- II. Showers can be taken after 48 hours, (NO BATH, POOL OR HOT TUB), simply wash with water and pat dry. There is no reason to wash with any cleansing solution.

- III. COMMON FINDINGS INCLUDE:
Minor swelling, bruising, and redness around incision.
It is common experience scrotal swelling and bruising.

- IV. CALL YOUR SURGEON FOR THE FOLLOWING:
 - (1) Increasing redness or streaking around incision
 - (2) Pus or foul drainage from incision
 - (3) Increasing or excessive pain in incision
 - (4) Sustained fever >100 degrees

- V. COMMON SIDE EFFECTS OF PAIN MEDICATIONS INCLUDE:
 - (1) Nausea - Be sure to take medication with some food or drinks.
 - (2) Constipation – Take over the counter Milk of Magnesia if you haven't had a bowel movement for a day or two or you begin to feel constipated. Make sure and drink plenty of water.
 - (3) Light-headedness
 - (4) Do not drive while taking narcotic pain medication

If these symptoms occur after taking medications, discontinue use.
May take over the counter pain medications or laxative of choice.

- VI. RESTRICTIONS:
No lifting greater than 20 pounds for 2 weeks.

NOTE: Routine calls and prescription refills are best handled during office hours 8am-5pm Monday through Friday. For urgent problems after hours, the surgeon on call can be reached at (406) 238-6470.