



## Post-Surgery Instructions Inguinal Hernia

**Smoking and Vaping delays healing. Quit if possible.**

### DIET & BOWEL CARE

- Start with bland, easy-to-digest foods the day of surgery. Avoid greasy or spicy meals.
- Stay hydrated with water, broth, juice, or sports drinks.
- Surgery and pain meds may cause constipation. Begin **Colace (Docusate Sodium)** 100mg twice daily *the day before surgery*; stop after your first bowel movement. **TAKE WITH 12 OZ COLD WATER**
- If you do not have a bowel movement in 2–3 days, use a **Fleet Enema**.
- **NO STIMULANT LAXATIVES**

### PAIN & REGULAR MEDICATIONS

- Take prescribed narcotics and anti-nausea meds as instructed. Narcotics may include Percocet, Oxycodone, Vicodin, etc.
  - **Do not drive or drink alcohol while taking narcotics.**
  - Take with food to avoid nausea. Itching is a common side effect—Benadryl may help.
- Resume regular medications after surgery unless told otherwise.
- Complete any prescribed antibiotics.

### WOUND CARE

- Keep dressings clean/dry for 48 hrs (no shower). After 48 hrs, remove gauze and shower gently; no soaking in tub/pool for 2 weeks.
- Most incisions will have **skin glue**—let it wear off naturally.
  - **Staples:** Removed at follow-up appointment.
  - **Steri-strips:** Let fall off on their own- in about 1-2 weeks.
- Follow specific instructions if you have surgical drains.
- Ice packs may be used (10 min on/off) for the first 48 hrs to reduce swelling.

### NORMAL SYMPTOMS

- Bruising, soreness, and a firm "healing ridge" under the incision are normal and will resolve in time.
- **Men:** Swelling and bruising of the scrotum/penis is expected. Elevation and supportive garments may help.

### ACTIVITY & RESTRICTIONS

- Walk several times daily to improve circulation and prevent complications.
- Use a pillow to brace your abdomen for coughing or deep breaths.
- Roll to your side to get in/out of bed without using abdominal muscles.
- No lifting >10 lbs, no aerobic exercise, no sexual activity until cleared.
- Return to work/school as tolerated—with restrictions.
- **NO driving for 72 hours after surgery or while on narcotics.** Resume only when fully alert and you feel safe to do so.

### WHEN TO CALL YOUR SURGEON (561-333-1335)

- Fever >101.5°F
- Chest pain or difficulty breathing
- Redness >¼ inch, bleeding, pus, or drainage from wounds or IV sites
- Worsening incision or abdominal pain, vomiting, or bloating
- Trouble urinating (you may need to go to the ER)
- Any other concerns—after-hours calls go to the on-call doctor

### FOLLOW-UP

Call the office 2–3 days after surgery to schedule your follow-up visit 561.333.1335 You will be seen 14–30 days post-op