

CTHerniaCenter

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POST OPERATIVE INSTRUCTIONS FOR HERNIA REPAIR

1. After surgery, rest for the remainder of the day.
2. You may resume your regular diet. Drink plenty of fluids. You will be given a prescription for narcotic medication. Use the prescription as needed for moderate to severe pain. You may switch to Tylenol for pain at anytime, but **do not** overlap with the narcotic prescription. Ibuprofen (Advil) 400mg every 6 hours can be overlapped with the narcotic or Tylenol at anytime.
3. Use of narcotics will reduce bowel motility and result in constipation. Use Colace 100mg twice a day(over the counter), Metamucil 1 packet or 2 tablespoons twice a day and a high fiber diet liberally. If you do not have a bowel movement by the 3rd day you may take 2 tablespoons of Milk of Magnesia at bedtime.
4. You should be able to pass your urine in your routine pre-operative manner. If unable to pass urine normally, notify our office.
5. Leave the plastic occlusive dressing in place for 48 hours. Leave the underlying steristrips in place. They may get wet. Pat dry after showers.
6. You may shower normally at any time.
7. The area around the wound and/or scrotum/penis may become discolored (black and blue), and/or swollen.
8. You may return to all normal activities including driving when you are no longer using narcotics and are pain free, functionally normally.
9. Avoid heavy lifting, strenuous activity or sports until your physician permits. Discuss these issues at your follow-up visit. There are no restrictions on walking, climbing stairs or other routine activities of daily living.
10. Call the office at (203) 281-7000 if you have questions regarding your convalescence and to make an appointment with your surgeon in 14 days.