



GLENN L. SANDLER, MD

## POST-OP INSTRUCTIONS AFTER HERNIA SURGERY – DR. SANDLER

- ❖ You may place an ice pack over the gauze dressing for 30 minutes on and 30 minutes off. You can do this for 2-4 hours when returning home from surgery.
- ❖ You may shower 48 hours after surgery.
- ❖ Leave the plastic covering bandage on for 72 hours. You may shower with this kind of bandaging still in place.
  - You may completely remove the gauze dressing and plastic covering after 72 hours but keep the steri-strips on until your follow up appointment. If they fall off before the appointment, it is okay.
  - The incision can get wet. Do not rub the steri-strips covering the wound, simply blot the area dry.
  - You may cover the incision with a gauze pad after bathing to prevent irritation from clothing; however, this is not necessary.
- ❖ You may perform physical activity as tolerated, but heavy lifting or strenuous exercise should be avoided until seen in the office. Walking and climbing stairs are encouraged. No lifting >20 pounds until seen in the office for your postop appointment.
- ❖ You may resume your usual preoperative diet immediately after surgery.
- ❖ If prescribed, take the pain medication (as needed) ; 1 tablet every six hours as needed.
- ❖ Most patients benefit from taking 600 mg Ibuprofen (aka Motrin or Advil) every 8 hours for the first 36 hours after surgery.
- ❖ **Call (301) 251-4128 for a post-operative appointment.** You should be seen 7-14 days after surgery

### ANSWERS TO COMMONLY ASKED QUESTIONS

- ❖ Minimal bleeding from the incision can occur and is best treated by gently applying pressure over the bleeding area for 5 minutes.
- ❖ It is not uncommon to see the area around the incision become bruised and in men this can extend into the scrotum and penis. This will resolve over time.
- ❖ Pain medication can cause nausea and it may help to take your medication with food. Constipation is another side effect of pain medication. Consider taking Dulcolax 5mg oral tablets (over the counter) once a day for the first 3 days after surgery to avoid constipation.
- ❖ Swelling of the incision is a normal response to surgery.
- ❖ Do not drive if you are taking prescribed pain medication or unable to properly operate a vehicle.

### CALL THE DOCTOR IF...

- ❖ you are unable to urinate
- ❖ there is excessive bleeding that does not stop with pressure
- ❖ the incision becomes progressively red and tender
- ❖ you have any questions or concerns

The office phones are answered 24 hours a day and a doctor is always available. The office staff is available to schedule appointments and handle non-emergency calls from 8:30 AM to 4:30 PM Monday through Friday. Please call 301-251-4128.