

## AFTER INGUINAL HERNIA SURGERY

Repair of your inguinal hernia does not require any diet restrictions after surgery but you may experience nausea and constipation so start out with clear liquids such as soup broth, jell-o, juices, soft drinks, popsicles and plenty of water. Advance to a regular diet the day after surgery. Eat plenty of whole grains, fruits, and green leafy vegetables. Avoid dairy products or foods that cause constipation.

You will be given a prescription for pain medication after surgery. **DO NOT OVER MEDICATE.** Take medication only as directed by doctor. When on clear liquids take pain meds with crackers or toast. Pain medication can cause constipation. If there is no bowel movement (BM) 48 hours after surgery use ½ bottle of Magnesium Citrate or 2 TBSP of Milk of Magnesia followed by 8 oz of water. If no BM within 2 hours of using this it can be repeated.

Activity: Rest for the first 24 hours after surgery. Walk to the bathroom and other short distances only. The next day after surgery get up and walk as tolerated.  
No driving until after post op visit with your doctor. No driving if on pain meds.  
No lifting greater than 15 lbs for six weeks.

You may shower 24-36 hours after surgery. If you have bandages on the incisions take them off before showering. If there are little tapes called steri-strips on the incisions they may get wet. Leave them on until they start peeling at the edges which is usually 5-7 days after surgery. Keep your incisions clean and dry.

WHAT TO EXPECT AFTER SURGERY:\* Right shoulder discomfort or bilateral shoulder discomfort and chest tightness 24-48 hours after surgery. This should gradually go away. It is caused by carbon dioxide used to inflate your abdomen during the procedure. Carbon dioxide is a gas and like all gases it travels upward settling in your chest and shoulders.

\*Soreness in the abdominal area similar to the ache you would feel after starting a new exercise program involving the abdominal muscles. This ache will gradually go away within a few days.

\*Your abdomen may be distended for a few days after surgery.

\*There may be a large black or blue area on the abdomen to the hip. This may appear within the first week after surgery. It is caused by blood pooling under the skin from surgery. Your body will reabsorb this blood over time. The bruise will turn yellow and disappear in time.

\*You may have swelling in the scrotum and testicles which is very common. You can help alleviate the swelling and discomfort by putting an ice pack in a towel and placing on the swollen area several times daily for no more than 15-20 minutes at a time.

CALL YOUR DOCTOR IF: You are unable to urinate after surgery.

Temperature above 100.6F

Excessive bleeding or drainage from wound (there may be light drainage)

Extreme redness or warmth around the incision sites

Wound edges open or separates

Extreme pain (there will be discomfort)

HORIZON SURGICAL SPECIALIST – (828)758-5501