



Discharge Instructions for Hernia Repair

After Surgery

- Pain is expected after your surgery. Your provider will prescribe you a narcotic medication that will help with your pain. Please use as directed and if not needed, don't take it. If the pain medication that is prescribed to you is not helping, please call the office at 816-525-2840.
- Right after surgery and while on pain medication we ask that you use medications to prevent constipation:
 - Senna-S 2 tablets twice a day.
 - Miralax 17gm twice a day.
- If you are a male and had an inguinal hernia repair you might notice your testicles are swollen. Some swelling in the scrotum is normal.
- Move your legs around while laying / sitting. If you are able to walk around, this will help to prevent a blood clot in the legs or pneumonia.
- You may shower 24hrs after surgery.
- Please avoid the following:
 - Driving / working / big decision making while taking narcotics.
 - Soaking in a tub / hot tub / any water for 2 weeks after your surgery date.
 - Heavy lifting (no more than 15 lbs.) for 6 weeks after surgery date.
 - Strenuous activity for 6 weeks.

When should I contact my doctor after surgery? 816-525-2840

- Fever 101° or greater.
- Pain that is not relieved with pain medication.
- Redness, bleeding, and/or foul-smelling drainage from the incision area.
- Pain/redness in either calf.
- Persistent nausea and/or vomiting.
- Severe diarrhea or bloating.