

Postoperative Instructions – Laparoscopic Hernia

For questions or problems, call our 24 hour office number:

949-499-4565

For emergencies, call 911.

You have received anesthesia and/or sedation. Limit your activities for 24 hours.

- Do not drive a car or operate machinery
- Do not drink alcoholic beverages (they increase the effects of the anesthesia and sedation).
- Do not make any important or critical decisions.
- Advance to a regular diet as tolerated (i.e., liquids first, then light foods such as soup, toast, etc., then solids)

If you experience any of the following, contact the surgeon immediately at 949-499-4565.

- Excessive bleeding (i.e., soaked bandages).
- Pain not controlled by the medication prescribed.
- You are unable to urinate 8 hours after surgery
- Vomiting which persists overnight into the next day.
- Any of the following symptoms of infection: fever greater than 100° Fahrenheit; excessive redness or swelling around the incision; purulent or foul smelling drainage from the incision.

Remove the dressing day after tomorrow.

- You have sutures under the skin which will dissolve and do not require removal. The tapes across the wound will fall off in 2-3 weeks.
- If there are no sutures or dressing, you have a skin sealant. This will fall off in approximately 2 weeks.

For pain related to surgery, you may use a prescription pain reliever if one was given to you, or use Tylenol for mild discomfort.

Swelling or bruising around the incision or in the scrotum is not unusual. An ice pack may help during the first 24 hours.

Shower after the dressing is removed. Pat the wound dry and keep it clean. Cover with a dry dressing if needed for comfort.

Avoid heavy lifting (more than 10 pounds) for approximately two weeks after surgery. You have no limitation on physical activity at home.

Please call the office as soon as possible for a follow-up appointment in one to two weeks.