



## INGUINAL HERNIA REPAIR

### POST-OPERATIVE INFORMATION

Your surgery may be laparoscopic, or an open repair, and you may be in hospital just for the day or overnight.

### DIET

When you wake from your surgery you should only take food and fluids as tolerated. If you feel sick, sip water only. Ensure you do manage to have an adequate fluid intake so that you are passing urine within a few hours of surgery.

### ACTIVITIES

The effects of your anaesthetic may be felt for up to 24 hours. During this time you should not:

- drive a car
- make major decisions
- drink alcohol
- sign important documents
- operate machines

Rest for the first 24 hours to minimise the chance of any bleeding. You should get up to the toilet and for meals. Slowly increase your physical activity over one to two weeks, according to your comfort. Walk around as freely as possible for the first few days, increasing to normal according to comfort levels. Avoid strenuous or heavy exertion **for three to four weeks**. Return to work when you feel able to.

### PAIN

You will be given pain relief medication. Please take this regularly. If you have what you consider to be excessive pain despite taking pain relief, or there is swelling at the operation site, contact the Nurse at The Hernia Clinic on 961 6666 or your surgeon.

### WOUND CARE

The dressing may remain on for 5-7 days, but can be removed before this if it lifts off. You can shower with this dressing on, as it is waterproof. After it is removed, keep the area clean and dry except for showers. **Sutures will dissolve between 10 days and 3 weeks** (i.e. they do not need to be removed)

It is not uncommon for there to be swelling and bruising in the groin, penis and scrotum after the operation. These should begin to subside after a few days.

PTO

#### The Hernia Clinic

Level 1, 9 Caledonian Road, Christchurch 8013

P: (03) 961 6666

E: [info@herniaclinic.co.nz](mailto:info@herniaclinic.co.nz)



## SPECIAL INSTRUCTIONS

Use supportive underwear (males, good scrotal support).

You may find you become constipated after the operation, and it is important that you do not strain with a bowel motion. Therefore it is recommended that you take **METAMUCIL** (in any formulation, powder or capsule) for 3 days before and 3 days after the operation to avoid constipation.

## **PHONE 961 6666 FOR ADVICE IF THE FOLLOWING OCCURS:**

Bleeding – apply firm pressure for 15-20 minutes.

Swelling of your wound – a small amount of swelling is normal.

Red, inflamed discharging wound.

## FOLLOW-UP

**\*\*Please telephone your surgeons receptionist to schedule a follow-up appointment when home from hospital if this has not been arranged.** The Hernia Clinic would appreciate being advised of any complications you may have that are related to your surgery.

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Level 1, 9 Caledonian Road, Christchurch 8013

P: (03) 961 6666

E: [info@endoscopyclinic.co.nz](mailto:info@endoscopyclinic.co.nz)

