



HERNIA SURGERY

Post Op Guidelines

Going home after Hernia surgery

This discharge sheet provides you with important information for when you go home from hospital.

This document should not replace the advice of your relevant health care professional.

You need a follow up appointment – to be done 7 to 10 days after your surgery. You will receive it either before you leave, and it is important that you attend this appointment.

Pain

You may get some pain or discomfort at your operation site. You will be given pain tablets to take at home. Follow the instructions given to you by the pharmacist. If very strong pain occurs, you need to contact us.

Medications

Take your usual medications unless instructed by the pharmacist. You may also have some new medications added, which will be explained.

Eating and Drinking

Eat a healthy balanced high fibre diet following surgery. Drink plenty of water and fluids unless instructed by your health care team.

Operation site / Wound Dressing

Your operation site will be covered by waterproof dressings

Leave these dressings on for 3-4 days after surgery

Remove dressings and leave wound exposed, pat dry after showering. If your wound is oozing fluid after removal of the dressing, please contact us.

Do not soak in a bath, or swim for 14 days to ensure healing.

Stiches are generally dissolvable and do not need to be removed.

Use of lotions, creams, oils and ointments should only be used once the wound is fully healed.

Activities



No heavy lifting, to the point of straining for at least 6-8 weeks following surgery. Short walks and rest periods are encouraged as you return to normal activity levels. As you feel better, increase the amount of exercise you do. Deep breathing and coughing exercises should continue at home. Your nurse or a physiotherapist can show you how to do these if you are unsure.

Abdominal binder

You may be asked to wear an abdominal binder. This is used to assist in the healing process. Be sure to follow your surgeon's instructions about when to wear the binder.

Problem Solving

The following are symptoms that may occur for a few weeks after surgery:

- Tiredness
- Some pain to the operation site nausea

If these symptoms are persistent, or you experience any of the following, please contact us or local emergency department:

- High temperature
- Excessive bleeding
- Ongoing severe pain
- Operation site that is red and the area is hot to touch
- Unable to pass urine
- Constipation
- Calf pain (suspicious of deep vein thrombosis)

If your concerns are urgent, please go to your local 24-hour Emergency Department or return to Epworth Health's Emergency Department.

If you experience any severe difficulty in breathing – please call an ambulance on 000 or go to your nearest Emergency Department.