



Preoperative and Postoperative Care Instructions

Inguinal/Ventral Hernia Repair Post-Op Instructions

- Take medications as prescribed by your physician.
- No lifting more than 10 lbs. for 1 week after surgery. No lifting more than 20 lbs. the second week after surgery, and no more than 30 lbs. up until 8 weeks after surgery.
- Please do not drive while taking medications or until released by your physician.
- Gradually increase your activity
- Continue to take frequent deep breaths and cough periodically. (Use a pillow to support your incision.) This will help to expand your lungs.
- Please call the office on the next business day (the office is closed Sat-Sun and holidays) to schedule a follow up appointment for 10-14 days after your surgery.
- You may shower in 24 hrs. Remove outer dressing in 48 hours, leaving sutures or steri-strips in place. Cleanse with antibacterial soap and water.
- Inguinal hernia patients should expect some penile/scrotal swelling and bruising. It is recommended to wear briefs, NOT boxers. An athletic supporter may be worn to minimize movement and help control some swelling.
- Ventral hernia patients will need to wear an abdominal binder while you are up and about.
- Please contact the office if you develop a fever of 100.4 or greater, have excessive bleeding, nausea or vomiting, inability to urinate, or pain greater than expected.

Please contact our office if you have any questions or concerns.

(251) 424-1620