



## POST-OPERATIVE CARE

1. Prior to your discharge from the Hospital, you may have little pain because the local anesthetic will still be effective. However, in a few hours you will begin to experience pain. It is important to begin taking the analgesics before the local anesthetic wears off and regularly for the next 2 days. Ibuprofen (Motrin, Advil) 400 mg and Extra Strength Tylenol 1000 mg taken together 3-4 times daily will help control your pain during those first 2 days. Ibuprofen should be taken with a small amount of food and the dose reduced if you have any history of kidney failure. Similarly the dose of Tylenol may need to be reduced if you have any history of liver disease. Make sure you and I discuss these issues before you are discharged home. After 48 hours your pain will naturally improve and you will be able to gradually wean yourself off the analgesics.
2. You may resume normal diet when you are ready.
3. You may have some nausea on the night of the surgery.
4. Excessive activity in the first 24–48 hours after surgery may increase the amount of swelling and bruising you experience. There are no strict guidelines about activity following hernia surgery; however, you may injure yourself if you resume competitive sports too early and you may wish to curtail those activities for 3–4 weeks, otherwise, you may gradually return to normal activity as you see fit.
5. There is a small chance that you may experience difficulty passing urine on the night of the surgery. Drinking large amounts of liquid does not help and may worsen the problem. It is best to sit on the toilet and try to relax; you might run the bathroom tap. If this is not successful and you become quite uncomfortable because of a full bladder, you should come to the Emergency Department for insertion of a catheter. This will be removed after the bladder is emptied and you will be allowed home.
6. Some swelling and bruising following hernia surgery is quite common and the bruising may extend down on to the penis and scrotum. This will resolve with time.
7. Be careful that you do not become constipated. Include enough roughage in your diet. You may need some help with a mild laxative (example: milk of magnesia).
8. You may resume your sexual activity whenever you choose.
9. After two days you may begin taking showers and wet the wounds. They will be covered with small paper tapes called 'steri strips', which can be made wet in the shower and patted dry with a towel. The strips will gradually loosen and can be peeled off after five to seven days.
10. 'Fever, uncontrollable pain, or excessive swelling in the first 48 hours should lead you to contact myself, or come to the nearest emergency department.'
11. Contact our office after the operation to schedule an appointment for examination; or anytime you have questions or concerns about your recovery.