



William Albrecht, MD · Charles J. Aramburo, MD · Joey M. Bluhm, MD · Kelly S. Dempsey, MD · Elegy Etter, MD · Buckminster J. Farrow, MD · John D. Fisher, MD · Adrienne Floyd, MD · Amanda Garza · Robert M. Hillery, MD · Eddie Lambert, MD · Anne Le, MD · Liz Lee, MD · Thomas Wylie Moore, MD · Rick Ngo, MD · Guillermo Ponce de Leon, MD · Lucrecia Sta Ana, MD · Michael Todd Wood, MD

**Post Operative instructions for Laparoscopic and Open Hernia repair:**  
**(Ventral, Inguinal, Incisional, and Umbilical).**

**Call and schedule your post-op visit to occur approximately 7-10 days after surgery.**

**Wound care:**

- 1) Remove outer dressing (if you have them) at 24-48 hours post-op after surgery.
- 2) Leave the steri-strips in place if you have them, they will fall off on their own.
- 3) You may have skin glue sealing your incision; this resembles super glue and is used to reinforce your dissolvable sutures, making your incision waterproof and allowing you to take a shower. Do not soak in a tub or go swimming for 14 days.
- 4) You may use an ice bag to reduce swelling at the surgery site for the first 24 hours and then switch to heat if needed. It is normal to feel a knot under your surgical incision for several months after surgery.
- 5) You are able to take a shower 24 hours after surgery. Dry off the surgical incision after showering and cover with dry gauze if needed.

**Diet:**

You may advance your diet as tolerated after surgery.

**Activity:**

For 6 weeks after surgery:

- 1) No heavy lifting over 20 lbs.
- 2) No strenuous exercise such as push-ups, sit-ups, or abdominal straining.
- 3) Walking is encouraged.
- 4) Normal daily activities are encouraged.
- 5) Running and biking are allowed when you feel up to it.
- 6) No driving until you are pain free and no longer using your pain medication.
- 7) Avoid extended bed rest.
- 8) For inguinal hernias in men, an athletic support may help decrease testicular swelling, and sitting in a recliner with your feet and head elevated should be avoided.

**Constipation and bloating:**

You should have a bowel movement within 3 days of surgery. If you are constipated, increase your water intake and use an over-the-counter stool softener such as mineral oil or a laxative such as Milk of Magnesia as directed on the bottle.

**Call our office if:**

- 1) You develop any unusual signs or symptoms such as tenderness, bleeding, redness, or drainage at the surgery site.
- 2) You have a temperature of 100.5 degrees or higher.
- 3) You have shortness of breath upon exertion.

Memorial Hermann Sugar Land Location:	17510 W. Grand Parkway S., Suite 490 · Sugar Land, Texas 77479
Methodist Sugar Land Location:	16651 Southwest Freeway, Suite 360 · Sugar Land, Texas 77479
Memorial Hermann Southwest Location:	7777 Southwest Freeway, Suite 810 · Houston, Texas 77074
Memorial Hermann Katy Location:	23920 Katy Freeway, Suite 560A · Katy, Texas 77494
Memorial City Location:	920 Gessner, Suite 620 · Houston, Texas 77024
St. Joseph Hospital	1315 St. Joseph Pkwy Suite 1708 · Houston, TX 77002
Pearland Kirby Medical Plaza Location:	15015 Kirby Dr., Suite 200B · Houston, Texas 77047
Central Business Office:	13811 Murphy Road · Stafford, Texas 77477



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**Drains:**

Drains are sometimes used after surgery to promote healing, you will be instructed on how to empty and document 24-hour totals on each drain (usually one and occasionally two drains are placed). This drain total log should be brought to your post-op visit for your physician to review and is often one of the deciding factors regarding time for removal.

**Smoking:**

Smoking can cause a multitude of problems for a surgical patient, including the non-healing of a surgical incision and an increase rate of post-operative infection. Please do not smoke for two weeks prior to and two weeks after surgery.

**Medication refills:**

Please call your pharmacy directly and request any needed refills. The pharmacy will contact our office and refills will be expedited.

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