

Post Operative Instructions –

General Information

- **It is very important that you wash your hands before changing your dressings or touching your surgical site.**
- Keep everything that comes in contact with the area as clean as possible.
- No soaking of wound in water (including Jacuzzi) until sutures or staples are out and wound is completely healed. May shower after 48 hours.
- Refer to your discharge instructions regarding how often to change the dressing.
- If prescribed antibiotics, take until finished.
- Call if you have an inability to urinate within 12 hours
- Watch for signs of infection:
 - **Increased redness or swelling**
 - Increased pain
 - Purulent (thick yellowish drainage) drainage from the incision
 - Fever greater than 101 degrees
 - Red streaks from incision
 - **For any of the above symptoms, contact your physician right away!**

NO LIFTING over 15 lbs, or heavy pushing or pulling for six weeks.

Helpful Hints: Slight bleeding, swelling, bruising, and low grade temperatures are expected.

Inguinal Hernia Repair: The bruising and swelling often includes the groin, penis, or scrotum. This swelling and bruising is normal and is nothing to be alarmed about. The bruising will usually resolve within one week. The swelling takes four to six weeks to resolve, in which a jock strap will help.

Follow up appt: Please contact our office to schedule your follow up appt. Majority of all post-operative appointments are 2-3 weeks out from surgery, unless otherwise directed by physician.

Stool Softener may be used if necessary. We recommend Surfak as a good over the counter one to use twice a day as needed.

If you have any questions regarding your discharge instructions please contact your physician.