

POST OPERATIVE INSTRUCTIONS FOR LAPAROSCOPIC INGUINAL HERNIA REPAIR

❖ Pain and Swelling

Following laparoscopy you may have pain in one or both of your shoulders. The more you are up and around, the quicker the pain will subside. Since the hernia is repaired from the inside, fluid can accumulate in the stretched out tissues in the groin where the hernia used to be. This is particularly true if the hernia was very large. Such a fluid collection may initially look and feel very much like the hernia did before surgery. This is nothing to be alarmed about, and usually isn't painful. Depending on the amount of fluid present, it can take several weeks or even a few months for to completely go away, but rarely does it require further treatment.

❖ Constipation

Due to anesthesia and pain medication, you may experience constipation.

If you do not pass gas or have a bowel movement within a few days of your surgery, you may need to use a Dulcolax suppository.

❖ Diet

You need to be on a clear liquid diet for 24 hours, after that you may increase your diet as tolerated.

❖ Activity

You need to be walking around as much as possible. **Do not lift over 10 lbs. for 10 days; 20 lbs x 20 days.** You may drive when you stop taking pain medication.

❖ Bathing

You may remove the band aids in 48 hours and shower. Leave the butterfly tapes in place. These will come off in a week or two. Do not swim for 7 days.

❖ Follow-up

You will need to see Dr. Simone for a follow-up appointment in 7-10 days after your surgery. Please call our office for an appointment if you have not already scheduled one. If you have any questions, feel free to contact our office at **817/748-0200**.

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