

POST-OPERATIVE INSTRUCTIONS FOLLOWING

ADULT HERNIA REPAIR

- It is not necessary to keep wounds and dressings dry.
- There will usually not be any stitches to be removed.
- There may be bruising and swelling around the operation site and genitalia.
- You should be given pain-killing tablets in hospital and to take home. These are likely to be Co-codamol or Diclofenac (Voltarol). Paracetamol may be used instead.
- In the first few days, gently mobilise. Walk for 5 minutes in every hour. Do not stand still – rather tread on the spot. Increase the amount of walking progressively each day.
- You should not drive a car until you feel able to exert the maximum pressure needed for an emergency stop. This will usually be about 5-10 days after the operation.
- Return to work depends on the type of activity required by your job. It is usual to return 2 weeks after surgery and to begin with a light programme.
- You should not lift heavy articles or perform heavy work or strenuous activity for at least 4 weeks. Sporting activity should begin gently and work up gradually. Swimming, exercise bikes and controlled activity are the best way to start.
- If it doesn't hurt, DO IT; if it does hurt, then DON'T DO IT.