

# Christian L. Birkedal, M.D.

## General Surgery

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### Open Inguinal Hernia Repair Post Operative Instructions

Diet – eat and drink what you want.

Pain medications – You will be given a prescription for a narcotic pain medicine. Take it as directed when you need it. When the pain diminishes, then change to Advil or Tylenol.

Shower – You may shower the day after your surgery. Do not take a tub bath for one week.

Exercise – You must walk at least three times a day after your surgery. This helps prevent blood clots and pneumonia. You may only lift a gallon of milk for the first two weeks. Then slowly you can increase the weights you lift, until you are at your previous level at 6 weeks after your surgery. This will allow your incisions to heal.

Sex – You may resume sexual activity at your discretion.

Dressing – remove the dressing the day after surgery. The white strips will come off automatically after 2 weeks. It is OK to shower over these strips.

Incisions – All of the stitches are under the skin. See showering instructions above. Creams and ointments are not necessary. Notify us if you notice the incisions turning red or draining.

Follow-up – please call to make an appointment 10-14 days after your surgery.

Driving – You may drive when you do not need the narcotic pain medicine and the pain does not slow your reaction time

You may notice swelling in the hernia site – this is your body's normal response to the surgery. You may notice swelling or bruising of your scrotum. This again is normal

**Please call the office for any increasing pain, fever over 101, increasing drainage, questions, or concerns.** The office is open M-F 9-5. If the office is closed, then the answering machine will instruct you how to get in contact with the person on call. We are here to take care of you. Please do not hesitate to call.

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signature

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date

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