



Wish you a speedy recovery & A big thank you for choosing us !

The following is a list of instructions to help you do well with getting better from your surgery. While instructions may vary from patient to patient, the material should provide you with a general idea of things to do.

Pain:

- Pain after surgery is not uncommon, however pain after Laparoscopic surgeries are minimal when compared to open surgeries.
- For mild pain use acetaminophen 650mg three or four times daily with food. Do not exceed more than 3g overall dose per day.
- You can add brufen 400mg three or four times daily for pain that is not subsiding with acetaminophen.
- Pain medications may cause nausea on an empty stomach so it is recommended you take with food. For severe pain please use tramadol 50 mg PO three times daily . Please call me before you start taking strong pain medication like tramadol.



- Constipation is not uncommon after surgery and also after using strong pain medications.

If you are feeling constipated and have not had a bowel movement by the 3rd day after surgery, you may take 1 ounce of Milk of Magnesia in the morning. Or Movicol.

Activity:

- You will likely feel tired for at least 1 week after your surgery.
- Take your pain medicine as needed in order to stay active, but rest as needed for recovery.
- Take short walks 2-3 times a day. This will help reduce the risk of blood clots following surgery.
- You may use the stairs as needed as long as you are not dizzy or weak. Make sure someone is around the first few times you use the stairs or exercise.

Lifting/Coughing:

- Practice 10 deep breaths every hour and 2 coughs every hour, (for at least 12 hours a day), while awake for the first week after surgery to reduce the risk of lung problems or pneumonia.
- Do not lift heavy objects (more than 8 pounds) for the first 4 weeks.
- Also avoid pushing, pulling or abdominal pressure for these first 4 weeks.
- When coughing, be sure to place a pillow over the incision and gently press inward to reduce the pressure (from coughing) on your incision.



Incisions:

- Your incisions have been closed with dissolvable suture on the inside .
- There are small steristrips on the skin. Leave them until they fall off.
- You may shower after 72 hrs after surgery and allow clean, soapy water to run over your incision
- Do not expose your incisions to soaking in water (i.e. hot tub, bathtub or swimming pools) for the first 2 weeks after surgery.

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- MALE patients may find that your scrotum or penis will become discolored, and you will have swelling in the region of your hernia and incision.
 - FEMALE patients may find that your labia will become swollen and discolored. The swelling does not mean your hernia was not repaired. This swelling and discoloration is normal and will resolve over the next several weeks to months. Sometimes this swelling can feel quite hard, and may seem to appear several days after surgery.

Driving:

- Do not drive until you have been seen for your first postoperative clinic office visit.
- Unless otherwise instructed by us, you may drive after your first visit and when you can react safely in an emergency situation.
- You must not be taking pain medicines stronger than regular acetaminophen at the time you are driving, nor should you have a great deal of pain, as this will affect your ability to react quickly.

Diet:



- You may return to normal soft food after you go home from your surgery.
 - You may wish to avoid fatty or heavy foods for the first few days, since some of these foods may cause nausea and constipation temporarily following surgery.

Things to watch for:

- It is not unusual to have some mild pain . It will get better with pain medications.
- Watch for signs of infection pain that does not resolve, increased swelling, redness or drainage from the area, or fever. Please call office
- If you feel that you are having an emergency and you cannot reach me immediately, please go to the nearest Emergency Room for evaluation



Follow Up You :

- You should follow up in the clinic 1 week after your surgery and 3 months after your surgery. You may be seen sooner if indicated the surgical team. Please call office at 8884200030 to schedule your follow up visits and any questions if any.

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**Surgery
Clinic**