

Open Groin Hernia Repair (Single Incision)

Foris Surgical Group, LLP

GENERAL

CONSIDERATIONS:

Expect some swelling and bruising at the area of surgery, and possibly in the genital area, which will resolve with time. It is very common.

You may apply an ice pack over the bandage, 30 minutes on then 30 minutes off, for comfort and to reduce swelling.

You should be feeling a little better each day.

Numbness and burning is common and almost always resolves.

DIET:

Return to your usual diet when you get home as tolerated.

ACTIVITIES:

No heavy lifting, pushing or pulling over 20 pounds for 4-6 weeks after surgery. Discuss your job requirements with your surgeon.

Refrain from vigorous sports and exercise. Light exercise, as tolerated, is okay.

Take several short walks daily. Listen to your body and rest when you feel you need to.

Do not drive until you have stopped taking the narcotic pain medications.

You may go up and down stairs slowly.

You do not need enforced bed rest.

WOUND CARE:

Keep the bandage dry. You may remove it on the 2nd day after your surgery and shower over the incision. If you have tape strips across the incision, you may shower over them and pat dry afterwards. You may remove them after two weeks if desired or allow them to fall off.

You may replace the bandage if you prefer, although it is not necessary.

MEDICATIONS:

Use the narcotic pain medication as prescribed.

You should switch to Tylenol (acetaminophen) or Advil (ibuprofen) as soon as possible to reduce side effects from the narcotics.

Increase fluids, fruits and fiber in your diet to help prevent constipation which can be a side effect from narcotics. Take Metamucil morning and evening for one week after surgery to prevent constipation. If you have not had a bowel movement by the 3rd day after surgery, you may take a gentle laxative such Milk of Magnesia or Dulcolax as directed.

**CALL OUR
OFFICE IF:**

You develop a fever above 101.5F or if a fever persists. Having a slight temperature elevation for the first couple of days after surgery is normal.

You develop drainage from the incision that saturates gauze pads.

You develop spreading redness around the incision.

You develop increased swelling and/or pain.

FOLLOW UP:

Call the office when you get home to schedule your follow-up appointment as instructed by your surgeon.

Finally, if you have any questions or concerns regarding your surgery or recuperation please DO NOT HESITATE to call our office --we are here to help in any way we can.

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