

Umbilical Hernia Repair

Foris Surgical Group, LLP

GENERAL CONSIDERATIONS:

Expect some swelling and bruising at the surgical area. This will resolve with time.

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.

DIET:

Return to your usual diet when you get home.

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.

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 medication.

You may go up and down stairs slowly.

You do not need bed rest

WOUND CARE:

Keep the bandage dry. You may remove it on the 2nd day after surgery and shower over the incision. If you have tape strips across the incision, you may shower over them and pat dry after the shower. 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 narcotic.

If you have not had a bowel movement by the 3rd day after surgery, you may take a gentle laxative such as Milk of Magnesia or Dulcolax as directed.

**CALL OUR
OFFICE IF:**

You develop a fever over 101.5F or if a fever persists.

Having a slight temperature elevation for the first couple of days 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 a 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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