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Department of Surgery

## Hernia Repair Discharge Instructions

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### Pain

- Soreness and mild pain after surgery are common
- Prescription for pain medication should minimize discomfort
- Take your pain medication with food to prevent stomach upset
- You can apply an ice pack for 20 minutes of every hour for the first 24-48 hours
- Contact your doctor immediately if pain is not relieved by medication

### Activity

- Do not lift over 10 to 15 pounds
- Do not engage in strenuous activity
- Take short walks several times a day to prevent blood clots and constipation and to relieve soreness
- Do deep breathing exercises to keep lungs clear and prevent pneumonia
- You can support your abdomen with a pillow (if dressing is on abdomen)

### Diet

- Begin slowly with clear liquids such as ice chips, jello, tea, Gatorade and broth
- Carbonated drinks such as Sprite or ginger ale can make you feel bloated
- If you are tolerating liquids, continue to solid food
- Avoid fatty and spicy foods until your appetite returns
- Contact your doctor if you have severe, persistent nausea and vomiting

### Digestion

- Constipation is common after surgery because of inactivity and pain medication
- Walking, drinking liquids and eating a healthy diet rich in whole grains, fruits and vegetables will help prevent constipation
- Take a mild over-the-counter stool softener or laxative if constipation lasts two to three days

### Urination

- You may experience difficulty urinating after surgery
- If you have a full bladder and are unable to urinate for six to eight hours, listen to running water or place your hands in warm water or stand in a warm shower (if care partner is available to assist)
- If unable to urinate, contact your doctor during office hours or an urgent treatment center or emergency department if doctor's office is closed

Remember to wash hands to prevent the spread of germs.

You will receive a follow-up phone call in one to three days after surgery from the Outpatient Recovery department.

If you receive a survey in the mail, please complete it and let us know how your experience was at Greenville Memorial Hospital. We always strive to provide very good care.

Thank you for choosing us.