

Discharge Instructions

Inguinal Hernia Repair

1. Your incision is sutured with absorbable stitches that do not need to be removed and are covered with medical glue. You may shower over the incisions. No wound care needed.
2. You may experience some bruising in the genital area, testicle swelling and swelling along the incision. This will resolve with time and requires no treatment. Wear compression shorts/underwear to help decrease swelling.
3. You will receive a prescription for pain medication that you may take as often as every four (4) hours. **Do not drive** while taking pain medication. Side effects of taking the pain medication include constipation and drowsiness. You may also take Advil or Aleve in addition to prescription pain medicine for the first week.
4. **DIET:** Bland food the day of surgery, then you may eat anything.
5. Call (214) 823-2650 to make an office appointment for 2 weeks.
6. **ACTIVITY:** No strenuous physical activity other than walking for 2 weeks.
7. Take a fiber laxative and stool softener daily until bowel movements are normal.