

Discharge Instructions

Ventral/Incisional 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 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.
3. **DIET:** Bland food the day of surgery, then you may eat anything.
4. Call (214) 823-2650 to make an office appointment for 2 weeks; sooner (less than 1 week) if drain in place.
5. If you have an abdominal binder in place, wear it 24 hours/day. May remove to shower.
6. If you have a drain in place, the nursing staff will instruct you on its care before discharge.
7. You may shower with the drain in place.
8. Cover the drain tube at the skin site with antibiotic ointment and clean dressing every day (especially after a shower).
9. Take a fiber laxative and stool softener daily until bowel movements are normal.