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Post-Operative Instructions: Inguinal & Umbilical Hernia Repair

Wound

- Your wound has a dressing, you may remove the dressing and shower in 48 hours. Pat the wound dry & do not put any salve or medication on the wound. Leave it open to the air or dress it lightly with a gauze pad.
- Keep an ice pack on the wound as tolerated for the first 24 hours in order to keep swelling to a minimum.
- During normal healing the wound may become red or bruised looking. This is normal. Also, it is normal to feel a swelling or "ridge" under the wound. This is part of the normal healing process.
- There are steri-strips over the wound, leave these in place until they start to peel off. They can be removed after approximately one week.
- Please call the office at 559-738-0450 should you develop significant redness, swelling, or drainage from the wound or a fever (>101.5).

Diet

- A light or liquid diet is recommended for the first night after surgery.
- After the first night there are no food restrictions; however, you will want to avoid constipating foods.

Activity

- Maintain light activity for seven (7) days post-op. I recommend lifting no more than 20 pounds during this time.
- Walking and light aerobic activity is good for your healing process and is encouraged.
- No driving for at least one (1) week and not at all while on narcotics.
- Most people can return to work in two (2) weeks
- After two (2) weeks you should be able to slowly return to full activity but I would refrain from heavy weight lifting for a total of six (6) weeks.
- Sexual activity can begin once the patient can proceed without pain.

Medication

- You have been prescribed a light narcotic, _____, for pain relief. Take only when necessary and as prescribed. You may also use extra strength Tylenol or ibuprofen if the narcotic medication is too strong.
- I recommend adding fiber to your diet and taking one stool softener a day to avoid constipation.
- If constipation should occur, you may use a mild laxative such as dulcolax tablets.

Follow-up Instructions

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