

William J. Plaus, M.D., F.A.C.S.
Robert M. Macdonald, M.D., F.A.C.S.
Scott M. Golembeski, M.D.
Lisa S. Schatz, M.D., F.A.C.S.

General, Thoracic
Vascular, Cancer
Advanced Laparoscopic

Rocky Mountain Surgical Associates, P.C.

4545 East Ninth Avenue
Suite 460
DENVER, COLORADO 80220
Phone: (303) 388-2922
FAX: (303) 388-2962

Post Operative Suggestions Following Laparoscopic Groin Hernia Repair

ACTIVITY: Arrange for a ride home after surgery as you will be unable to drive. Your activities will be limited the first day or two. Walking is encouraged during this time, and you'll be able to walk up stairs without difficulty. Many patients return to office type employment in a few days. Others whose jobs require more physical activity may require a week or more. Heavy lifting tends to be uncomfortable during this time. "Light Duty" is an option many choose until they are comfortable lifting. There is no absolute period of time for weight restriction or absolute weight restriction. Light exercise can begin, if comfortable, within 7-10 days. Full activities are generally resumed within 3-4 weeks.

CARE OF INCISIONS: Band aids may be removed and replaced anytime, as you would with a small cut. You may shower 24 hours after surgery. A mild amount of bleeding can occur at the incision sites and can generally be treated with gentle pressure using a gauze sponge. On occasion, old dark blood can ooze through the stitches. Watch for redness around the incisions that spreads outward. It's common for there to be a little redness right around the stitches that resolves when they're removed.

PAIN: It is not uncommon to have discomfort after laparoscopic hernia repair. This may be accompanied by some swelling. Men may see swelling and experience discomfort in the scrotal area. This will gradually subside. You should place an ice pack(s) over the groin area where the hernia was. You may feel some discomfort in the shoulder area. This is a normal reaction to the gas that was used to inflate the groin area during surgery. This should subside within a day after surgery. You will be given a prescription for pain medication before you leave the hospital. Side effects from pain medicine are common and include nausea and constipation. Treatment includes stopping pain medicine and using Tylenol or Ibuprofen as needed.

DIET: Resume your normal diet following surgery. It is normal for your appetite to be slightly diminished. Be sure to drink plenty of fluids. You may become constipated from the anesthesia and/or pain medication. You may also try a stool softener and a very mild vegetable based laxative (such as Senokot) if this becomes a problem.

OTHER: Try to take Extra Strength Motrin or Tylenol instead of pain pills, but do not combine your pain pills with Tylenol unless instructed to do so. Also, try to eat a piece of bread or crackers with medication. Call our office should you experience any of the following: Difficulty passing urine, excessive bright red blood on bandages, fever greater than 100, or excessive pain.

FOLLOW-UP CARE: Return to the office as your surgeon requests. If you don't have an appointment already, call for an appointment a day or so after surgery. Call our office at any time should a question or concern arise.