

## **Postoperative Instructions – Inguinal Hernia Surgery**

### **Philip Fischer II MD – (205) 939-6888**

1. If you need pain medication, please take as prescribed by Dr. Fischer.
2. If you are not allergic to ibuprofen, you may also take it to help with discomfort and swelling.
3. Wear supportive underwear (athletic underwear) for the first week after surgery.
4. For the first 24 hours after surgery, apply an ice pack to the wound and scrotum as tolerated to help reduce swelling and discomfort.
5. Remove the white dressing that covers your wound 36 hours after surgery. After removing the dressing, you may shower. Do not submerge the wound underwater in a bathtub, pool, or lake until the wound is well healed (usually 3-4 weeks after surgery).
6. Beneath the white dressing you will find steri – strips (which look like butterfly bandages) on the wound – leave these on the wound. If they fall off, do not worry because the wound is also stitched closed and the steri-strips are simply reinforcement.
7. Eat mild and plain food for the first 24 hours after your surgery, and then advance your diet back to normal as tolerated.
8. Some bruising and swelling can be expected adjacent to the wound and into the scrotum. A large blood clot (hematoma) the size of a lemon or larger, however, is not expected. Please call the office if you develop such.
9. Call the office to arrange your follow-up visit.
10. Avoid heavy lifting (greater than 20lbs) or straining/strenuous activity until Dr. Fischer clears you to do so. (usually 4 weeks after surgery)
11. Please call the office if you have any of the following:
  - a. Significant bleeding from the wound that is soaking the dressing.
  - b. Redness around the wound or yellowish / brown infected drainage from the wound.
12. Do not drive a car for at least 48 hours after surgery. Also, do not drive a car if you are still on narcotic pain medication.
13. If you have an emergent medical problem or concern such as difficulty breathing or chest pain, please come immediately to the emergency room.