

Postoperative Instructions – Abdominal Wall Hernia Repair
Philip Fischer II MD – (205) 939-6888

1. If you need pain medication, please take it as prescribed by Dr. Fischer
2. Eat mild and plain food for the first 24 hours after your surgery, and then advance your diet back to normal as tolerated.
3. Remove the white dressing that covers the wound 36 hours after surgery. You may shower after you remove the dressing, but do not submerge your wound underwater in a bathtub, pool, or lake until the wound is well healed (usually 3-4 weeks after surgery)
4. Bruising and swelling can be expected adjacent to the wound. A large blood clot (hematoma) or significant bleeding is not expected. Also, any redness around the wound or yellowish infected drainage from the wound is not expected. Please call the office if you develop such.
5. Stay active walking frequently but avoid heavy lifting (greater than 20 lbs) or strenuous activity until Dr. Fischer clears you to do so.
6. Call the office to arrange your follow up visit
7. Please call the office if you have any of the following:
 - a. Significant bleeding from the wound
 - b. Redness around the wound or infected yellowish drainage from the wound
 - c. Vomiting and inability to keep down liquids
 - d. Excessive pain or inability to urinate
 - e. High fevers (greater than 101)
8. 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.
9. If you have an emergent medical problem or concern, such as difficulty breathing, please come immediately to the emergency room.