POST OPERATIVE INSTRUCTIONS FOR
LAPAROSCOPIC INGUINAL HERNIA REPAIR

* Pain and Swelling
  Following laparoscopy you may have pain in one or both of your shoulders.
The more you are up and around, the quicker the pain will subside.

  Since the hernia is repaired from the inside, fluid can accumulate in the
  stretched out tissues in the groin where the hernia used to be. This is
  particularly true if the hernia was very large. Such a fluid collection may
  initially look and feel very much like the hernia did before surgery. This is
  nothing to be alarmed about, and usually isn’t painful. Depending on the
  amount of fluid present, it can take several weeks or even a few months for to
  completely go away, but rarely does it require further treatment.

* Constipation
  Due to anesthesia and pain medication, you may experience constipation.
  If you do not pass gas or have a bowel movement within a few days of your
  surgery, you may need to use a Dulcolax suppository.

* Diet
  You need to be on a clear liquid diet for 24 hours, after that you may increase
  your diet as tolerated.

* Activity
  You need to be walking around as much as possible. Do not lift over 10 lbs. for 10
days; 20 lbs x 20 days. You may drive when you stop taking pain medication.

* Bathing
  You may remove the band aids in 48 hours and shower. Leave the butterfly
  tapes in place. These will come off in a week or two. Do not swim for 7 days.

* Followup
  You will need to see Dr. Simone for a follow up appointment in 7-10 days after your
  surgery. Please call our office for an appointment if you have not already scheduled
  one. If you have any questions, feel free to contact our office at 817/748-0200.

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