

Umbilical HERNIA REPAIR WITH MESH

❖ PAIN & SWELLING

You may experience some pain and swelling around the incision site. You may use ice packs on this area at 15 minute intervals. You will be given a prescription for pain medication to use as needed.

❖ 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 or Surfak stool softner**

❖ DIET

The first 24 hours after your surgery you will need to be on liquids only. The medications that are used during surgery may cause nausea. After that you may return to a normal diet as tolerated.

❖ ACTIVITY

You need to be up walking around as much as possible. **Do not lift over 10 lbs for the first 10 days, and no more than 20 lbs for the next 20 days.** When you stop taking pain medication, you may drive.

❖ BATHING

You can shower 48 hours after your surgery, you may remove the Band-Aids, but leave the butterfly tapes in place, and they will come off within a week. No bathtub, swimming pool, etc for 7 days.

❖ Follow-up

You will need to see your surgeon for a follow up appointment 7-10 days after your surgery. Please call our office for an appointment. If you have any questions feel free to contact our office at **817/748-0200**

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