



West Coast Surgical Specialists, inc.

Hernia Repair Discharge Instructions

PAIN MEDICATION

1. You will be given a prescription for pain medication as needed.
 - a. Drink a lot of water to help prevent constipation. You may take laxatives as needed.
2. When the pain decreases, you can change to something like Extra Strength Tylenol for pain relief.
3. If you experience nausea and vomiting not associated with the pain medication: maintain your diet on clear liquids and call the office if the nausea and vomiting become persistent.

DRIVING

1. Do not drive until recommended.
2. Do not drive while taking the prescription pain medication.

DRESSINGS

1. Apply an ice pack to the incision during the first 24 – 48 hours (5- 10 mins.).
2. Use a heating pad if needed for comfort following the 48 hours after surgery.
3. You may shower over the dressing. Pat dry.
4. On DAY 3, you may remove the dressing.
5. On DAY 7, remove the Steri- Strips.

ACTIVITY

1. Keep it light. No lifting over 10 lbs. You may walk outside or upstairs.

DIET

1. Start with clear liquids and add in solid food as tolerated.

CALL THE DOCTOR IF YOU EXPERIENCE:

1. Unusual discharge from the incision.
2. A fever over 101 degrees and chills.
3. A dramatic increase in your pain.
4. Persistent nausea and vomiting.