

POST OPERATIVE INSTRUCTIONS

HERNIA REPAIR



PAIN	Take regular Panadol every 4-6hours for 2 days. You will be prescribed stronger pain relief to be taken when required. Avoid anti-inflammatory medication for 2 days after surgery.
WOUNDS	Remove all dressings after 7 days. Contact rooms if wound is discharging, has offensive smell and/or you have fevers. You can shower with dressings on, just pat dry after.
SUTURES	All sutures are dissolvable.
DIET	You may eat a regular diet after surgery. Try to eat plenty of fresh fruit and vegetables.
BOWELS	You may be constipated after surgery, drink plenty of water but if required use a stool softer until you return to normal motions. Movicol is a gentle softener to use (available at chemist no script required).
ACTIVITY	No heavy lifting (2kg max) for 4-6 weeks. Avoid all exercise and strenuous activity for 3 months.
DRIVING	2 weeks after surgery you can return to driving except if you are still taking strong pain relief.

Any concerns please call our rooms on **8164 6760**