



Information for Patients

Advice Following Hernia Repair

Do I need someone at home with me?

You must have someone at home with you for the first 24 hours. This is to make sure that someone is at hand to help you, should you feel unwell.

When can I resume activities?

Do as much as you feel able to do. Get up and walk around and remain active. Resume sporting activities when you feel comfortable but try to avoid strenuous activity for 2-4 weeks.

Do I need to take any painkillers?

Post-operative pain is common but intensity varies with individuals. Most people would require taking painkillers for about 3-5 days. It is not necessary to take pain killers if you are not in pain.

What pain killers should you take?

In most cases, we simply recommend paracetamol. Please take 2 tablets every 6 hours but no more than 8 in 24 hours. It is best to take them regularly so that you get a good build-up effect.

If paracetamol is not strong enough for your pain, you can take ibuprofen (an anti-inflammatory) 400mg up to three times a day after food in addition to paracetamol. You can obtain ibuprofen at any pharmacies or at most convenient stores. This is provided you are not allergic to it and it has previously not given you any side-effects. If you are unsure, please check with your chemist.

Occasionally, your surgeon may decide to prescribe you diclofenac (voltarol) suppositories (an anti-inflammatory) to take home. Those are to be inserted rectally 12 hourly as instructed by your Theatre Nurse. Please insert the suppository on:

Date	Time
Date	Time
Date	Time

Should you require taking ibuprofen (or any other anti-inflammatory tablets that have been prescribed for you), you should not commence the tablets until 12 hours after the last suppository. The surgeon may also prescribe you omeprazole capsules to protect your stomach against ulcers. Please take **one a day for 7 days**.

If your surgeon thinks anti-inflammatory medicines may cause you side effects such as stomach ulcers or kidney problems, or if you are on aspirin or other blood thinners, he may prescribe you co-codamol instead- a mixture of paracetamol with codeine. Please be aware, you should not take additional paracetamol with it, and that codeine can sometimes make you constipated.

(If applicable) When can I re-start my aspirin or warfarin?

If you were advised to stop taking aspirin or warfarin before your procedure, you can usually re-start it 48 hours after your operation.

(If applicable) When can I re-start my Warfarin?

If you were advised to stop taking Warfarin before your procedure:

Re-start your Warfarin on

Sutures

You have **dissolvable** sutures. In 5 days remove your dressing and shower/bath as you would normally. If you feel it's necessary make an appointment to see your practice nurse.

How do I care for my wound?

Keep your dressing dry for the first two days. If your wound has oozed overnight, place the spare dressing over the top. Leave in place for 5 days then remove. You may then leave the wound uncovered. The dressing is shower proof so showers are recommended not baths. Do not apply any creams, oils, powders to incision site for at least 4 weeks.

If you have had a pressure dressing applied, please remove after _____.

Will I get any bruising or swelling?

Yes. Some bruising is quite normal around the operation site. It can spread down the thigh and sometimes into the scrotal area and can take about 2 to 3 weeks to settle. Swelling of the scrotal area with or without some bruising can occur. Please ensure that you wear supportive underwear for at least 7 to 14 days as this helps to reduce swelling.

Wound Complications: What should I look for?

Infection: the wound edges might look red, feels hot; you may feel feverish or unwell. You may also have more pain. The dressings may be discoloured with yellowish discharge.

Haematoma: this is a localised accumulation of blood. This may present as a swelling over the wound.

Please seek advice if you develop any of the above.

When can I return to work?

Return to work when you feel ready. If you have a manual job it may be best to take 1 to 2 weeks off. Your surgeon can supply you with a certificate if you require one. Check with your surgeon if you have any queries.

When can I drive?

Start driving when you feel comfortable enough to do so. The most important thing is to be confident to be able to perform an emergency stop, as the lap part of the seat belt goes across the lower abdominal area where you have been operated on. It is advisable to practice operating the pedals and ensure that this feels comfortable before driving again (Check your insurance policy).

If you have any queries or a post op problem?

You will not routinely receive a follow up appointment and will be discharged back to your GP following your hernia operation.

For any hernia related problems or queries please contact us directly within the first 14 days of your hernia procedure on 01726 885104. Phone lines are open Monday to Friday 08:30am – 16:30pm or if between 16.30pm – 18.00pm – call 01726 885540.

If outside of these hours, then please contact NHS 111 on 111. Please note that NHS 111 may refer you on elsewhere if necessary. After 14 days please contact your own GP for advice