

POST OPERATIVE INSTRUCTIONS FOR UMBILICAL/VENTRAL HERNIA REPAIR

- A bland diet is recommended the day of surgery. Advance as tolerated
- Constipation is to be expected while on narcotic pain medication. Most patients do not have their first bowel movement for several days (up to 3 days) after surgery. While taking narcotics you should utilize over the counter stool softeners such as Colace or docusate. Fiber supplementation with Metamucil or Citrucel is also recommended. For severe constipation, milk of magnesia or a Fleets enema can be helpful. Do not use the enema if you have chronic kidney disease or renal failure.
- Pain is to be expected after laparoscopic or open surgery. Make sure to utilize the prescribed medication as recommended. If no sensitivity to anti-inflammatory medications or ulcer history exists, Ibuprofen (400-600mg) every 6-8 hours is an excellent alternative in addition to or as a substitute to narcotics.
- Nausea is a common complaint post op. This can be associated with narcotic pain medications, general anesthesia, as well as with severe constipation. Try to minimize your narcotic pain medications as soon as able. If vomiting, fevers, or chills, please call the office immediately.
- Your incisions are closed with dissolvable sutures and covered with steri-strips or dermabond. These will start to peel off in about 1 week. Do not be alarmed if it comes off sooner. You can expect each of your incisions to form a hard knot beneath the skin. Bruising is common after surgery, especially in your genital area or around your navel. If you notice any areas of increasing warmth or redness, fevers, or chills, please call the office.
- Driving may be resumed when off all narcotic pain medications and you can turn or twist your body without hesitation.
- You may shower the day after surgery. Avoid soaking your incisions in a bath tub or hot tub until you have been seen in follow up.
- Activity limitations include no lifting more than 30 pounds for two to three weeks after surgery.
- Schedule a post-operative visit for 10-14 days after surgery if one has not been arranged before surgery. Please call the office at 303-498-2260 to schedule.