

# The Surgery Group

## Hernia Repair Surgery

### Surgical sites:

It's ok to remove the bandage on the day after surgery. It's fine to shower and wash the site gently. Incisions closed with surgical adhesive can be washed as well. Please leave steri-strips in place if present - it's fine to remove them if your skin becomes irritated or reddened. Please keep the surgical site clean and dry otherwise. Don't use any peroxide or topical creams. Don't swim or soak the site. We'll talk about other treatments for the incision at your post-op visit.

### Post-Operative Diet:

Light meals only for the rest of the day after surgery. You may resume your regular diet the next day. Please take an oral laxative on the evening of surgery as anesthesia and pain medicines usually cause some temporary constipation.

### Activity:

No lifting, straining, or vigorous exercise. Walking and light activities are fine.

### Urination:

For men it's possible to have difficulty voiding after surgery of this type. If you're not urinating normally soon after surgery please call right away for instructions.

### Medications:

Please resume your regular home medications unless instructed otherwise. I'll give you specific instructions about medicines such as Plavix, aspirin, Pradaxa, Coumadin, and Lovenox. Usually I'll provide you with a pain medication prescription on the day of surgery.

### Follow Up:

You should receive an office appointment before you leave, or please call the office the next day to arrange a visit.

Please call: For any excess pain, swelling, fever, persistent nausea. or any other problem.

Dr. Michael Caluda - The Surgery Group - (850) 444-4777