

Laparoscopic Hernia Repair

After Visit Summary

This is general information. See your After Visit Summary for how to take care of yourself after surgery.

Your health care team will work with you to understand any challenges you have after your hospital stay. This will help your team make sure you have the right care and support to help manage your health after you leave the hospital.

Your Surgery

A hernia occurs where an outer muscle wall weakens, swells out and tears apart. The inner lining of the muscle wall then pushes through the opening and forms a hernial sac.

Organs, such as a loop of intestine, can slip from their natural positions and fall into the newly formed sac.

A laparoscopic hernia repair is the surgical repair of a hernia through the use of a laparoscope.

A laparoscope is a thin, lighted tube. It is inserted near the hernia. It allows the surgeon to view the area on a TV screen. A small amount of air is used to expand the area for a better view. The surgery usually has 3 small incisions.

Before the Surgery

- Tell your health care provider if you:
 - are pregnant
 - have a latex allergy
 - have diabetes
 - take a blood-thinner medicine.
- Remove any jewelry or piercings.

Your Incision

- Steri-Strips® (paper-like tape) may have been placed on your incision. They can get wet in the shower. You may peel them off after 7 days.
- Follow any directions your health care provider gives you.

What To Expect After Surgery

The following side effects are normal and should not cause you worry:

- aches and pains around the incision site
- slight oozing of blood or watery material from the incision site
- discomfort in your chest, back, neck or shoulders (This can last up to 48 hours.)
- bruising on your abdomen
- puffy feeling in your abdomen for several days.

Pain Relief

- Take any prescription or over-the-counter medicine as directed.
- Follow your health care provider's directions for using ice.

Activity

- Your health care provider will tell you when it's OK for you to shower, drive, return to work and have sex.
- Follow your health care provider's directions for how much you can safely lift.
- Walk short distances many times each day. Increase the distance as you are able.
- Alternate rest and activity.
- Do not cross your legs while you sit. This helps keep your blood moving (circulating) to prevent blood clots.
- Change slowly from a lying or sitting position to a standing position.
- Avoid tobacco and secondhand smoke. They can slow your recovery.

Food and Beverages

- Eat well-balanced meals. Follow any instructions your doctor gave you.
- Drink more fluids.
- Avoid alcohol while you are taking prescription pain medicine.

When To Call Your Health Care Provider

Call your health care provider if you have:

- a temperature of 101 F or higher
- increased pain or tenderness that can't be relieved with rest or pain medicine
- signs of infection at your incision site:
 - pain
 - swelling
 - redness
 - odor
 - warmth
 - green or yellow discharge
- problems breathing
- nausea (upset stomach) or vomiting (throwing up) that won't stop
- extreme fatigue (can't get out of bed)
- hives (itchy, raised, red rash)
- any questions or concerns.

Follow-up Appointment

Keep all follow-up appointments with your health care provider or specialist, even if you are feeling well.