

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 your muscle wall then pushes through the opening and forms a hernial sac. Organs, such as a loop of intestine, can slip from their natural position and fall into the newly formed sac.

A hernia repair is the closure of a weakness in the abdominal or groin muscle wall. There are 4 types of hernias:

- inguinal — occurs near the natural openings in your groin area
- femoral — occurs below your groin where the femoral artery in your leg passes into your femoral canal
- umbilical — occurs from changes in your muscles around your navel (belly button)
- incisional — occurs at the site of a surgery, especially if the incision is vertical.

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

- Men may have swelling and bruising around the incision (including the penis and scrotum).

Pain Relief

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

(over)

Activity

- Your health care provider will tell you when it's OK for you to shower, drive, return to work and have sex.
- 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 health care provider gives 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.