



Open Inguinal Hernia Repair

Post-op Instructions

1. Open Inguinal Hernia Repair:

- Place ice-pack over area of hernia as long as possible or 15 minutes and remove until the area becomes room temperature for the first day as much as possible.
- No heavy lifting (greater than 25 lbs) for 1 week.
- No exercise for 1 week.
- Swelling in the groin and testicles is normal if you had a large hernia.
- If you have trouble urinating after the procedure, call the office.
- A little bit of black-&-blue around the area of the hernia is normal.

1. Dressing Care

- **Dermabond® Dressing Care (superglue without a dressing):**
 - OK to shower day of surgery.
 - Lift nothing heavier than gallon milk jug or 5lbs for 1 week.

OR

- **General Wound Care Instructions for Closed Incisions with dressings:**
 - Dressing should be kept dry for 48 hours.
 - Remove outer dressing and OK to shower in 48 hours.
 - If you have staples, they will be removed in 1-2 weeks after the operation in the office.
 - Leave Steri-Strips in place.
 - No soaking in the tub or swimming for 1 week.

Call The Crawford Clinic right away if:

- You develop a fever over 101.5°F (38.5°C).
- You have redness, swelling, pain, or drainage from the incisions.
- You become dizzy and faint.
- You have chest pain.
- You have nausea and vomiting.
- You become short of breath.
- You have abdominal pain or swelling that gets worse.

Call during office hours if:

- You have questions about the procedure or its result.
- You want to make another appointment.
- If you require more pain medication