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## Hernia Discharge Instructions

### Diet:

- Clear liquids initially, then advance diet as tolerated to  regular diet  soft mechanical diet.
- Soft mechanical diet; then advance to regular diet over  3-4 days  2-3 weeks.
- Regular diet as tolerated.
- Other \_\_\_\_\_

- Eat soft foods that are easy to digest.
- Drink plenty of fluids.
- Your appetite when you return home may be less than normal. Do not force yourself to eat. Eat when you are hungry. Concentrate on liquids as it is important to stay hydrated.

### Activity:

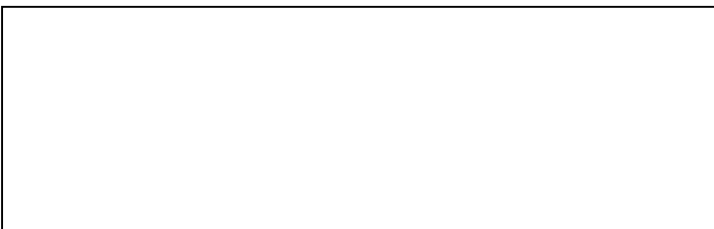
- Walking around the house, work, climbing stairs or riding in a car is fine as soon as you feel able.
- No heavy lifting of greater than 10-15 pounds or any strenuous activity for  3-4  5-6 weeks.
- Wear abdominal binder at all times except in shower for 2-3 weeks.
- After first 2-3 weeks, wear abdominal binder only while out of bed except in shower for another 3-4 weeks.
- Other \_\_\_\_\_

- You will not harm the incision by walking , and walking provides benefits of helping you recover faster, decreasing incidence of pneumonia and blood clots, and improving circulation to promote healing.

### Incision Care:

- Showers are OK starting 24-48 hours after surgery.
- You may remove the outer dressing 24-48 hours after surgery, before the first shower,
  - And you may leave it off after the shower, replacing as necessary if there is continued drainage.
  - And you should replace with a dry dressing daily after the shower.
- NO** Baths, swimming, soaking or saunas for 2-3 weeks after surgery, or until any open wounds closed.
- Your incision will be covered with small white steri-strips. **Leave them on.** It is OK to get them wet in the shower. If they fall off on their own it is OK. If they are still on after 1 week then peel them off.
- Measure & record drain output volume & color daily.
- Other \_\_\_\_\_

- It is normal to have some bruising and swelling around incision.
- There may be a small amount of drainage initially. The drainage will slowly decrease over time as the incision heals. When the incision no longer has fluid draining then you do not need a dressing



Physician's Initials: \_\_\_\_\_



## Hernia Discharge Instructions

### Medications:

- Resume all home medications as previously taken.
    - Except Stop \_\_\_\_\_
    - Changes \_\_\_\_\_
  - A prescription for pain medications has been  Written for you  Sent into your pharmacy. Please take as directed.
  - You may take Ibuprofen (OTC) as needed for pain in between you pain medication doses. Take as directed on the bottle and per the pharmacy recommendation.
  - Other : \_\_\_\_\_
- The pain medicine may cause constipation. You should take over-the-counter (OTC) stool softener such as Colace or Docusate as directed while taking the pain medicines.
  - You may wean yourself off the pain medication as soon as you feel able. Once off the pain medication, you may transition to plain Tylenol and/or Ibuprofen as needed for pain.

### Follow –up:

- Follow – up with me in :  2-3 Weeks  Other \_\_\_\_\_ : Call for appointment.
- Follow- up with \_\_\_\_\_
- Other: \_\_\_\_\_

### Call if:

- You have fever over 101 degree Fahrenheit.
- Signs of infection such as redness, swelling, warmth around the wound or drainage of pus.
- Severe vomiting or cannot keep food down.
- Severe pain that is not controlled with pain medicine or is getting worse.
- You have trouble having a bowel movement or have significant diarrhea.
- You have heavy bleeding from incision.

For any questions that are not emergencies, call your doctor during regular business hours at 512-491-6542 and talk to one of the Medical Assistants. If you have urgent concerns after regular office hours, please call the office at 512-491-6542 and have the doctor paged.

Physician Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Time : \_\_\_\_\_