

SURGICAL SPECIALISTS of PLANO  
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**INCISIONAL HERNIA**  
**POST-OPERATIVE INSTRUCTIONS**

1. You may eat light after your surgery, and resume a regular diet the morning following surgery.
2. Rest easily at home for the first 2-3 days after surgery. You may be up and about as needed during this time. Stay within your limits of tolerance and try not to do too much too fast!
3. You may shower beginning 24 hours after surgery. No tub baths or swimming for a week.
4. You may drive when you are no longer taking narcotic pain medicine.
5. Remove the dressing two days after surgery. There is no need to cover the incision after this.
6. **NO LIFTING OVER 10 POUNDS FOR THREE WEEKS!!!**
7. Take the pain medication prescribed for you as needed. Incisional pain begins to decrease about the 2<sup>nd</sup> - 4<sup>th</sup> day following surgery, and then you can begin using pain relievers such as Tylenol or Advil.
8. Most pain medicines are constipating; a dose of milk of magnesia or your preferred laxative should help this.
9. Please call the office to arrange an appointment for 2 weeks following surgery if one was not set-up at the time your surgery was scheduled.

If you have any questions, please call the office at (972) 596-5225