

SURGICAL SPECIALIST OF PLANO  
4001 W. 15<sup>TH</sup>, SUITE 180  
PLANO, TEXAS 75093  
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## INGUINAL HERNIA

### POST OPERATIVE INSTRUCTIONS

1. You may 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. On the third day after surgery, begin gradually increasing the amount of walking each day. Stay within your limits of tolerance and try not to do too much too fast.
3. After 48 hours, you may remove the surgical bandage and resume bathing. Blot dry with a soft towel. You do not need to replace the bandage with a new bandage; the Steri-Strip skin tapes that you see will remain for 10-14 days and will gradually loosen and fall away.
4. NO LIFTING OVER 5 POUNDS FOR TWO WEEKS!!!!
5. There are no stitches that require removal later. All stitches are internal and will absorb in 80-90 days. The mesh used in your repair is permanent and will not absorb or dissolve.
6. Some swelling and bruising of genital area is possible and normal.
7. Please take the pain medication prescribed for you. Incisional pain begins to decrease about the 2<sup>nd</sup>-4<sup>th</sup> day following surgery. When you can, begin using less strong pain reliever such as Tylenol or Advil.
8. You may drive your automobile, if necessary, beginning on the 4<sup>th</sup> to 5<sup>th</sup> day after surgery.
9. Please call the office for a return follow up appointment if one has not already been made for you. This visit should be two weeks following surgery so make sure you call the office ahead of time to get this scheduled.

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

