

Allen Kamrava MD MBA

BOARD CERTIFIED GENERAL & COLORECTAL SURGEON

Post-Operative Instructions for Hernia Surgery

1. **Dressing:** If there is an outer dressing on your wound, you may remove this in two days. If steri-strips are in place (white tapes) leave them in place. They will fall off on their own or your physician may remove them.
2. **Showering/Baths:** Unless otherwise instructed by your surgeon, you may begin showering in two days. The steri-strips can get wet. Leave them in place. Please avoid baths and submersion of the incision for at least 2 weeks.
3. **Diet:** You may resume your regular diet.
4. **Medications:** You have been prescribed the following medications (checked):
 - Narcotic: _____ Take 1-2 tabs by mouth every 4 – 6 hours as needed for pain. Do not drive a car or operate heavy machinery within 24 hours of taking these pills
 - Toradol: Take every 6 hours for the next 3 days until finished
 - Antibiotic: _____ Use as directed
 - Stool Softner: Colace 100 mg, twice daily. Purchase this or any other stool softener over the counter and use while taking pain medications.
 - _____
5. **Home Medications:** Resume all your prior home medications. Aspirin/Plavix are ok. Coumadin/Lovenox – check with your doctor.
6. **Ice Packs:** An ice pack may be applied to the area as needed for swelling.
7. **Activity:** As tolerated. Let pain be your guide. If it hurts, do not do it.
8. **Follow up:** Schedule an appointment to see your surgeon in ____ days. Please call (424) 279-8222
9. **Questions:** Contact your surgeon for excessive bleeding, fever, redness or drainage by the incision, pain not relieved by the medication prescribed, or any other questions or concerns.
10. **Additional Instructions:**