

Post-Operative Instructions for Laparoscopic Hernia Repair

General Instructions:

1. **Diet:** No restrictions. Start with bland food and work your way up to your normal diet
2. **Activity:** No lifting more than 20 lbs. until you follow-up in the office
3. **It is recommended** that you walk a normal amount to prevent blood clots and pneumonia
4. **Incision care:** If you have skin glue, it is ok to shower over the incisions the day after surgery. Do not soak in a tub or scrub the incisions. Pat dry after shower
5. **Follow-up:** Call (816)254-9292 in the next 2-3 business days to schedule a follow-up appointment at about 10-14 days after the day of surgery

Things to expect:

1. Pain should improve slowly day by day. The first 1-2 days will be the worst
2. Constipation due to narcotic pills. Take over-the-counter stool softeners and laxatives as needed
3. Skin glue will start to flake off in the shower in about 10-14 days
4. Bruising may occur around incisions
5. You may have pain far away from your hernia. This is normal as the stitches for the mesh are placed away from the hernia itself

Call the office for:

1. Pain that is increasing day by day
2. Fevers greater than 101.3
3. Skin/eyes turning yellow
4. Heart feels like it is racing
5. Worsening fatigue