

### Post-Operative Instructions for Laparoscopic Hernia Repair

#### General Instructions:

- **Diet:** No restrictions. Start with bland food and work your way up to your normal diet.
- **Activity:** No lifting more than 20 lbs. until you follow-up in the office.
- **It is recommended** that you walk a normal amount to prevent blood clots and pneumonia.
- **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.
- **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:

- Pain should improve slowly day by day. The first 1-2 days will be the worst.
- Constipation due to narcotic pills. Take over-the-counter stool softeners and laxatives as needed.
- Skin glue will start to flake off in the shower in about 10-14 days.
- Bruising may occur around incisions.
- 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:

- Pain that is increasing day by day
- Fevers greater than 101.3
- Skin/eyes turning yellow
- Heart feels like it is racing
- Worsening fatigue