

About Your Hernia Repair



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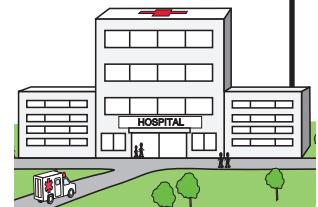
You have had your hernia repaired (herniorrhaphy).
Here are some instructions to help you take care of yourself.

- You may notice a change in your bowel movements. You may have loose or watery bowel movements (diarrhea). Or, you may be constipated (not able to have a bowel movement). Your bowels will slowly get back to normal.
- You may not feel like eating. If there is a food that makes you sick to your stomach, **do not** eat it. Eat small meals 4 to 6 times a day instead of 3 large ones.
- **Do not** drink any kind of soda pop. It will give you gas.
- **Do not** drink beer, wine, or hard liquor.
- **Do not** lift anything heavier than 10 pounds (about the weight of a gallon of milk). **Do not** do anything that makes you very tired for **at least 6 weeks**.
- **For men:** You may have been given an athletic supporter (scrotal support) before you left the hospital. It holds your scrotum and testicles closer to your body so there is no strain on your wound. If you were given an athletic supporter, you **must** wear it until your doctor tells you that you don't need it anymore.
- Do not get your wound wet for 2 days. You may take a sponge bath during this time. After 2 days you may take a shower. After you shower, gently pat your incision dry with a towel. **Do not** rub it.



Come to the Emergency Room if you:

- Have diarrhea, or are constipated for more than **3 days**.
- Feel sick to your stomach or vomit more than 2 to 3 times.
- Have a fever of 101° F (38° C) or more.
- See redness or swelling around your wound.
- See yellow or green drainage coming from your wound.
- See a bulge or bump in your lower abdomen or near your groin.



Call the Nurse Line (214) 266-8777 if you have questions or concerns.