Wound Care After Hernia Surgery

Home Care Instructions

Take all medications as directed.

May shower beginning day after surgery. Leave plastic dressing in place for two to three days then remove and cover area with dry gauze as needed.

It will be normal to be sore for a couple weeks following surgery. See your surgeon if this seems to be getting worse rather than better.

Take prescribed medication as directed. You may use ibuprofen (Advil or Motrin) and acetaminophen (Tylenol) for discomfort. Percocet may cause nausea on an empty stomach and may cause constipation. Take stool softener of choice as directed as needed and take with food.

Use showers for bathing, until seen or as instructed. No swimming or soaking in tub for 2 weeks.

You may resume normal diet and activities as directed or allowed. No contact sports for vigorous activity for the first few weeks. No lifting over 10 lbs for one month.

Ice pack as tolerated to incision for first day to reduce swelling.

Make an appointment to see your caregiver for staple removal and wound check for 1 week from surgery.

Seek Medical Attention If:

- There is redness, swelling or increasing pain the wound not controlled with medication.
- There is drainage, blood, or pus coming from the wound lasting longer than one day or sooner if there is concern.
- An unexplained oral temperature above 101.0 develops.
- You develop signs of generalized infection including muscle aches, chills, fever, or a general ill feeling.
- You notice a foul smell coming from the wound or dressing.
- There is a breaking open of a wound (edges not staying together) after the suture, staples, or steri-strips have been removed.
- You develop dizzy episodes or fainting while standing.
- You develop persistent nausea or vomiting.

Seek Immediate Medical Attention If:

- You develop a rash.
- You have difficulty breathing.
- You develop any reaction or side effects to medications given.