

Ventral hernia repair Post operative Instructions (Dr. Gilyard)

General: You will have some residual drowsiness from your sedative/anesthetic. Have someone drive you home. Do not drive or operate machinery for 24 hours or under the influence of narcotic pain medication.

Diet: Let your appetite guide you. If you are not hungry, do not force food. Drink plenty of liquids. If you have nausea, stay with clear liquids until it resolves, then take only easily digestible foods. Resume a healthy regular diet when you feel up to it.

Activity: Take it easy, but also don't lay in bed all day. You may walk and go up and down stairs as usual, perform light activities around the house. Change positions regularly, do not lie in one place too long. Stay active. Abstain from sexual activity while healing until pain resolves. Abstain from vigorous exercise or weight lifting for 4-6 weeks and start gradually. If you find an activity causes more pain, refrain from that activity for a time. You may ride in a car, however no driving while taking narcotic pain medications. Please wear an abdominal binder daily for at least 4 weeks. Okay to remove when showering and at night if preferred.

Medications: Resume all prescribed medications you were taking regularly before surgery unless otherwise instructed or they are blood thinners. Take prescribed postoperative medications as instructed.

Pain Control: The goal is to relieve acute pain to a tolerable level. During healing, some pain is normal. Do not take pain medicines on an empty stomach.

You may have been prescribed Norco to take as needed for pain. If the pain is mild you may cut the Norco tabs in half or take Tylenol. Do not take Tylenol at the same time as Norco as Norco has Tylenol in it. You may take one or the other every 4 hours as needed. You may have been prescribed Mobic (Meloxicam) to take daily for pain. Take once daily with food. Do not take any Advil/Ibuprofen/Aleve/Naprosyn while taking Mobic. Continue this medication until you no longer have pain. Do not take this medication if you have a history of gastrointestinal bleeding or ulcers or if you have a heart condition. You have been prescribed Senna (Senokot), a stool softener because narcotic pain medications may cause constipation. Take one nightly until your bowel movements are regular. Be sure to drink plenty of water. It is important to avoid constipation and avoid straining on the toilet.

Wound Care:

Dermabond: You may have a special glue over your incisions. Do not peel this off, it will fall off on its own over time. You may shower 48 hours after your operation. Let the water run over the incisions. Do not scrub. No baths/jacuzzis/pools or submerging in water.

Steri strips: You may have outer gauze bandages over your incisions which can be removed in 48 hours. Underneath these bandages you have small white tapes called steri strips over your incisions. Do not remove these, they will fall off on their own over time. You may shower 48 hours after your operation. Let the water run over the incisions. Do not scrub. No baths/jacuzzis/pools or submerging in water. You may apply ice to the area (not directly but ice covered with a towel) for 10-15 minutes as needed for discomfort. To help prevent or lessen swelling, wear an abdominal binder for 4 weeks as this gentle compression will help reduce swelling and provide support. You may apply ice 15-20 minutes 3 times daily as above.

Follow up:

If you do not already have a follow up appointment scheduled, our office will be calling you to schedule one. If you do not hear back from us within the first couple of days after surgery, please call 818-461-3321 to schedule an appointment.

When to call clinic:

- You have drainage from your incisions
- You have increasing redness around your incisions
- You have persistent or worsening pain despite pain medications
- You have fever over 100.4
- You have nausea/vomiting

When to go to Urgent Care or the Emergency Room:

- You have severe pain that does not improve with your prescribed pain medications
- You are unable to keep food or liquid down
- You have persistent fever over 101 degrees F

When to call 911 or go directly to the nearest Emergency Room:

- You have chest pain, shortness of breath or lose consciousness
- You have severe leg swelling
- You have severe pain that does not improve with your prescribed pain medications -You are unable to keep food or liquid down

UCLA Health Encino & Calabasas clinic number: 818-461-3321

UCLA Health Santa Clarita clinic number: 661-219-2643