

Post-Op Recovery Guide – (Inguinal hernia repair)

Diet

- **Start Slow:** Let your appetite be your guide; do not force yourself to eat if you are not hungry.
- **Hydration:** Drink plenty of liquids to stay hydrated.
- **Nausea:** Stick to clear liquids if you feel nauseous, then move to easily digestible foods.
- **Fatty Foods:** Avoid heavy or fatty foods for the first few weeks to prevent digestive discomfort or diarrhea.
- **Prevent Straining:** Focus on high-fiber foods to keep stools soft, as straining can put pressure on your repair.

Activity

- **Movement:** Walk frequently (at least 5 times a day) to promote healing and help prevent blood clots.
- **Rest:** Take it easy, but do not stay in bed all day; change your position regularly.
- **Stairs:** You are allowed to walk and use stairs as you normally would.
- **Lifting/Exercise:** Avoid heavy lifting or vigorous exercise for 4–6 weeks to protect the mesh and repair site.
- **Driving:** Do not drive for 48–72 hours or while taking narcotic pain medications

Pain Control

- **Medication:** Take all prescribed medications exactly as instructed.
- **Pain Meds:** Do not take your pain medication on an empty stomach to avoid irritation.
- **Ice:** Apply cold packs to the groin or incision areas 3–4 times daily for 20 minutes during the first 2 days to reduce swelling.
- **Gas Pain:** You may feel some discomfort in your shoulders due to the gas used during surgery; walking is the best way to relieve this.

Wound Care & Showering

- **Showering:** You may shower within 24 hours after surgery. Let water run over the incisions, but do not scrub them.
- **No Soaking:** Do not use baths, jacuzzis, or pools until your doctor clears you.
- **Dressings:** Do not peel off surgical glue or white tapes (Steri-strips); they will fall off on their own.
- **Bruising:** It is normal and harmless for the surgical site or the groin/scrotal area to turn black and blue.

When to Call for Help

Call the Clinic (661) 219-2643 if you have:

- Fever over 100.4°F.
- Drainage, pus, or increasing redness/warmth around your incisions.
- Pain that gets worse even after taking your medication.
- No bowel movement for more than 2–3 days.

Call 911 or go to the ER for:

- Chest pain or shortness of breath.
- Severe leg swelling or pain.
- Fainting or loss of consciousness.
- Continuous vomiting or inability to keep any liquids down.

Follow-Up: If you don't have an appointment, call the office within 1–2 days at **661-219-2643**.