

**Paradise Surgical Associates**  
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**Patient Information/Education Sheet for: PATIENT F AA**

**Date: 11-13-2007**

**YOU ARE SCHEDULED TO UNDERGO HERNIA SURGERY.**

**PRE-OPERATIVE INFORMATION:** As with any surgical procedure in which anesthetic agents are used, you should not have anything to eat or drink a minimum of 8 hours prior to your procedure. (You may take your oral medications with a sip of water the day of surgery. Check with your Doctor about which medications you should and should not take.) Generally, taking nothing by mouth after midnight is recommended.

As you will receive strong medications during the procedure you will be prohibited from driving. You should make arrangements for some one to transport you to and from the hospital.

Hernia surgery is generally an outpatient procedure. The anesthesia usually consists of IV medications to make you drowsy and local anesthesia to control the pain. The local anesthetic agents usually last 18 to 24 hours. As the anesthetic agents wear off you will need to take your oral pain pills to control the pain. It is better to take the pills before the pain becomes severe. Hernia repairs of previous major abdominal incisions sometimes require a general anesthetic and sometimes require in patient hospitalization.

**DISCHARGE and HOME INFORMATION:**

**PAIN:** You will have oral pain medications prescribed for use at home. You may substitute over the counter pain medications such as Tylenol as able. For some hernia procedures you may also be given oral antibiotics.

**NAUSEA and VOMITING:** Many patients experience nausea and vomiting after surgery. This often a result of the pain medications. Switching to over the counter medications such as Tylenol or stopping the pain pills will often control these symptoms. Room temperature, flat (no fizz) regular (not diet) coca cola and crackers may be tried for a few hours. This will often settle the stomach sufficiently to allow intake of Jello and juice later. The diet may then be SLOWLY advanced as tolerated.

**BOWEL MOVEMENTS:** Taking oral pain medications and the decrease in your activity level may result in increased problems with constipation. If you experience constipation, taking Milk of Magnesia, one tablespoon by mouth morning and night will usually control this symptom. It is normal to not have a bowel movement for up to 4 days after surgery. If increasing your activity and taking the Milk of Magnesia does not resolve the constipation within 4 days after surgery call your Doctor.

**LIMITATIONS:** Generally after hernia surgery your doctor will limit your activities. This will include lifting and driving limitations.

**DRIVING:** You should not drive while taking pain medications.

**SHOWER/BATHING:** You may shower 3 days after surgery unless directed otherwise. The incision may be wetted and patted dry. You should not soak the incision for at least 2 weeks. Generally public pools and hot tubs should be avoided for at least three weeks after surgery.

**BRUISING:** Male patients undergoing inguinal hernia surgery often experience bruising. This bruising may involve the penis and scrotum. Usually patients notice this on the second or third day after the surgery. The penis and/or the scrotum may become discolored. This will usually be dark blue or purple. If there is no pain associated with the discoloration there is no reason to be alarmed.

**CALLING the DOCTOR:** You should call your doctor if your temperature is greater than 100.5 degrees fahrenheit, if you are unable to urinate, if your incision becomes bright red or you are unable keep down liquids or you are unable to have a bowel movement after the above measures have been tried. It is best to call your doctor during regular business hours, preferably in the morning so that your problem may be properly addressed. If your problem is a true emergency call the office or go to the emergency room immediately. You might be referred to the on call doctor when calling before 9:00 AM, after 5:00 PM or on weekends.