



Optimal Postoperative Pain Management Strategies after Hernia Repair

1. During the first 24 hours after your surgery, you can place an ice pack over your surgical region. This can help reduce swelling and discomfort.
2. Take 2-3 tablets of **Tylenol 325 mg** (or generic acetaminophen) every 6 hours for 3 days, then only as needed to control discomfort. [DO NOT exceed 4000 mg in a 24-hour period, as this can be damaging to your liver]
3. Take 2-3 tablets of **Advil or Motrin 200mg** (or generic ibuprofen) every 6 hours with food or milk for 3 days, then only as needed to control discomfort. [DO NOT use Advil/Motrin if you have a history of stomach or intestinal ulcers or have had problems taking aspirin in the past]
4. You may stagger Tylenol and Advil so that you are taking something every three hours, or you may take them together every 6 hours - it's your choice
5. Only if you are still having pain that restricts you from sleeping or getting out of bed, take 1-2 tablets of **oxycodone 5mg** (or other prescribed opioid) every 4-6 hours as needed for discomfort that remains after taking Tylenol and Advil.

Many people do not need opioids to manage their post surgical pain, so you might choose not to fill the prescription or fill only part of your prescription. If you use an opioid (narcotic), you must beware of becoming drowsy or inattentive, and you will not be able to drive or operate heavy machinery. Additional side effects include dizziness, lightheadedness, constipation, nausea, and vomiting.