



Umbilical and Ventral Hernia Repair with Mesh Post-op Instructions

Post-op To Do List:

- Remove outer dressing in 48 hours
- Take Acetaminophen and Ibuprofen (if allowed) tablets every 6 hours together for 2-5 days
- Do not do anything strenuous for 2 weeks after surgery
- Remove steri strips after 2 weeks if they haven't fallen off on their own

Pain

Soreness, pain in the abdomen after surgery is normal. Pain will be worse with movement, changing positions from laying to seated to standing.

Most of our patients take only tylenol and ibuprofen for pain management after surgery.

We recommend taking the following every 6 hours for the first few days after surgery as needed:

- 650mg to 1g of acetaminophen (Tylenol)
- 400mg to 600mg of ibuprofen (Advil or Motrin)

If you are experiencing significant pain that is preventing you from going on a walk or falling asleep, please call the office for a prescription for oxycodone. This medication will cause constipation, so we recommend the following:

- Fiber supplement (Citrucel or Benefiber)
- Stool softener (Colace, Senakot)
- Laxative only if unable to have a bowel movement for a few days (Milk of Magnesia)

Incision

The incision is closed with dissolvable sutures - these do not need to be removed.

The top plastic bandage should be removed in 48 hours. You do not need to replace this bandage. The steri strips (tape bandage) underneath should be left on. These will fall off on their own in about 2 weeks. If they do not fall off by the time of your post op phone call, please remove them yourself.

Your incision will turn hard about 7-10 days after surgery. This is due to scar tissue, and is a normal part of healing.

Bathing

You may shower at any time after surgery. There is a waterproof bandage over your incision. Once this bandage is removed (48 hours after surgery), you can continue to shower with the steri strips over the incision. You do not need to put a new dressing over top.

Please avoid baths, hot tubs, pools, or soaking in water for 2 weeks after surgery, as this can increase your risk of an infection.

Activity

Following surgery, you are encouraged to do as much walking as is comfortable. You may climb stairs, taking them one at a time and slowly. We recommend walking at a leisurely pace for the first 2 weeks.

Avoid exercise, strenuous activity, lifting over 25lbs, and repetitive actions for 2 weeks after surgery. After 2 weeks, you may slowly resume these activities, but do so slowly and progressively, and listen to your body if it is telling you to stop or slow down.

You may drive 24 hours after surgery if you feel up to it, as long as you are not taking any prescription pain medications. We typically recommend you avoid driving for 48-72 hours unless necessary.

Precautions

Although not commonly seen, any incision is susceptible to infection. If you develop a fever of 101 degrees or above, have unexpected pain, redness or drainage from the incision, please contact our office.

Your pain and swelling should gradually improve after the second or third postoperative day. If you have new, constant pain after feeling good for a couple of days, please contact our office.

Follow-up

You will have a postoperative appointment scheduled for somewhere between 2 and 4 weeks after surgery. If this has not been scheduled yet, or if you need to reschedule, please contact our office.

Hernia recovery during cold and flu season

The winter months bring lots of colds and sometimes the flu. If you find yourself needing to cough or sneeze, it's often helpful to place a pillow or your hand over your incision. This provides some support and comfort, and will hopefully decrease your pain when you cough or sneeze. Sharp pain is not uncommon after a cough or sneeze, and lingering effects should resolve in a day or two. It's very unlikely that the hernia will return as a result of this.

Post-op FAQ:

Below are questions that patients often ask us before and after surgery. This was created to help you better prepare for the day of surgery and for recovery. While these answers do not substitute for an appointment with us, they are created to help you remember what may have been said in the office during your consultation

Will I be able to walk after surgery?

Yes. We want everyone to walk after surgery.

When can I shower after surgery?

You may shower the day after surgery. There is a waterproof bandage on the incision. You may continue to shower after the dressing is removed.

When does my stomach look more bloated or full?

The combination of abdominal surgery and medications that you received during surgery slow down the intestine. This causes fluid and gas to build up in the abdomen which you will notice for the first few days after surgery. Be sure to drink fluids, take stool softeners if you are on prescription pain medications. The fullness will slowly go away during the first week after surgery and will be completely gone after 2-3 weeks in most people

When should I take my dressing off?

Please peel off the clear plastic and remove the gauze 2 days after your surgery. There is no need to put anything over the steri strips that are glued to the skin.

Can I put a bandaid over the steri strips?

Sure. Some people find that a bandaid feels better. Sometimes a bandaid can help keep your clothes clean in the small chance a few drops of blood seep from under the steri strips.

Can I go up steps after my hernia surgery?

Yes. Please take steps slowly and one at a time.

Can I lift a gallon of milk?

Yes, as long as it's once or twice! You may lift up to 25 lbs as long as you are not performing many repetitive motions the first two weeks.

Can I bend down to tie my shoes after surgery?

Yes, just move slowly.

When can I drive after surgery?

You CAN'T drive if taking the prescription opioids. We suggest waiting 24 full hours after your last dose of prescription pain medication before you drive. If you have not taken prescription medication or finished them, you may drive if you feel that you are able to.

Can I go for a long walk after hernia surgery?

Yes, we encourage it. Just avoid strenuous hiking trails and don't wear a backpack.

When can I go for a run after surgery?

You can go for a run two weeks after hernia surgery.

When can I resume sexual activity?

You may resume sexual activity two weeks after hernia surgery.

When can I go back to work after hernia surgery?

You may go to work whenever you feel like, as long as your job does not require heavy lifting. Approximately 75% of our patients go to work within 3 days of surgery.

When can I go back to the gym?

You may return to the gym two weeks after surgery. Please use common sense and resume activity gradually.

How much pain will I have after surgery?

Everyone is different! Some pain, of course, is expected. Most of our patients feel that Tylenol and Motrin are strong enough to take care of their pain.

How likely is the hernia to come back after surgery?

The chance that an umbilical hernia comes back is 5-10%. The chance that a ventral hernia comes back is less than 20%.

How should I resume activity after hernia surgery?

We recommend that after 2 weeks you slowly resume all of your normal activity and exercises. This will differ from person to person. Start at about 50% of your normal exercise, and progressively increase this over a 1-2 week period of time. We typically recommend starting with aerobic exercises first (running, biking, hiking) before moving to strengthening exercises.

As long as you progress over time and listen to your body on when to slow down, you will not damage the repair

Call the office if you have questions or concerns about your recovery: (617) 466-3373