



DISCHARGE INSTRUCTION LAPAROSCOPIC OR OPEN HERNIA REPAIR

Aster
HOSPITAL

We'll Treat You Well



Digital Version



HOW DO I CARE FOR MYSELF AT HOME?

Incision care

- If you have clear plastic dressings, leave in place until your review appointment. These are waterproof and you may shower as normal. Only remove your dressings if they get wet. Clean the area with soap and water, pat it dry and apply a sterile dressing pad/bandage which will be available at pharmacy and follow up with the doctor.
- Any sutures will be removed at your follow-up appointment with your Surgeon.
- Watch for signs of infection at the incision site (increased redness or swelling, pus, or fever over 101°F) and report them to your doctor.
- Come to the hospital for follow up and dressing as advised by the doctor.

Diet

- There are no specific dietary restrictions associated with this surgery. Eat light meals initially. If you experience difficulties with particular foods, wait a week or so and try them again. Be sure to eat plenty of fresh fruit, vegetables and fluids to avoid constipation.

Pain management

You may have the following types of pain or discomfort after surgery:

- Incision pain, which will improve over the first few days, but may take a few weeks to go away completely.
- Shoulder or neck pain for the first 2 or 3 days. This is from nerve irritation caused by the gas injected into your abdomen during the procedure. The pain may get better if you change positions.

- Cramping or swelling in your abdomen for the first several days.
- Take pain medications as advised by the doctor.
- Your incision may be swollen, bruised, and tender for a few days. You may also experience some numbness in your groin or around your incision. For male patients having undergone repair of groin hernias, bruising and swelling of your scrotum and penis is common and not cause for alarm. (Wearing briefs and supporters rather than boxer shorts will provide additional support, which may help to reduce postoperative discomfort.

Rest, activity and work

- Getting plenty of rest after surgery will help you heal. It's also important to get up and move during the day. Rest on the day of the surgery.
- After that, get up and walk 4 to 5 times a day. This will improve the circulation in your legs and reduce the risk of blood clots or muscle soreness. Gradually increase the time and distance that you walk each day.
- Avoid heavy lifting for the first 10 days or as otherwise instructed by your doctor.
- Avoid exercises for 10 days.
- Do not ride two-wheeler vehicles for 10 days.
- Return to normal activity when your doctor allows, usually within a week or two.

WHEN SHOULD I COME TO THE HOSPITAL?

Notify your Doctor or come to the Emergency Department of the hospital in case of:

- A temperature over 101 degrees.
- Vomiting or diarrhea lasting more than 24 hours or abdominal distension

- Worsening abdominal pain. (Remember that the pain you feel should get a little better each day but may take a couple of weeks to disappear.)
- Worsening redness or foul-smelling drainage from the incisions.

DISCHARGE MEDICINES AND FOLLOW UP VISIT

- Continue the discharge medicines as advised by the doctor. Come for the follow up visit with discharge summary as instructed by the doctor





PLEASE SCAN FOR
THE LOCATION

Aster HOSPITAL

We'll Treat You Well

Mankhool, Kuwait Road, Al Mankhool - Dubai

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