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**LAPAROSCOPIC PREPERITONEAL INGUINAL HERNIA
OPEN INGUINAL HERNIA REPAIR
UMBILICAL HERNIA REPAIR
POST OPERATIVE INSTRUCTIONS**

PATIENT NAME: _____

1. Avoid straining and constipation; you may take stool softeners and/or mild laxatives if needed.
2. Leave dressing in place for _____ days, then replace with a light dressing (daily). If a clear bandage, skin glue or skin tapes are present, Do NOT remove it unless it comes off on its own. Clean with peroxide daily if skin clips are present.
3. Do not wet the incision site for _____ days; afterwards you may shower or wash lightly, no tub baths.
4. Some swelling and/or bruising is common post-op. This may even extend low into the scrotal/groin area but will usually resolve on its own after 7-10 days.
5. Apply ice (in a facecloth) to groin area for 24 hours post-op.
6. No driving for 1 week post-op.
7. Very light duty work activity may be started after 1 week post-op. At the post-op visit, heavy lifting, strenuous activity, and exercise, etc. will be discussed. If open repair was performed--NO working until discussed in the office.
8. Notify Dr. Berlin of any elevated temperature of greater than 101, difficulty urinating, excessive pain, bleeding or swelling.
9. If pain medication has been prescribed, take with food.
10. Resume routine medications and diet. **NO** Metformin (Glucophage) for 48 hours post-op.
11. Scrotal support is recommended for any scrotal swelling or tenderness.

FOLLOW-UP APPOINTMENT ON _____ AT _____