

## Inguinal Hernia Repair Post Op Instructions

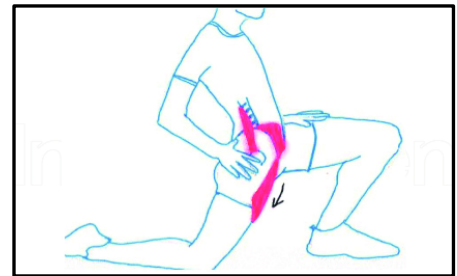
**Diet:** You can begin your normal diet.

**Exercise:** You can begin full exercise after the first 7 days of recovery. No restrictions on this. Many patients have specific questions about specific exercises, but in general, you can resume them all as soon as you feel comfortable doing so. Early exercise will not put the laparoscopic or robotic hernia repair at risk.

**Medications:** You can resume all home medications.

**Incisions:** Allow the glue to fall off, or you can now remove it yourself.

**Stretching:** Stretching is important to avoid feeling tight or stiff. The main stretching that has helped some patients are stretches that extend the hip joint on the side of the hernia repair.



### Some Side Effects:

**Groin Pain:** Occasional transient groin pain or stiffness is normal, (in men, occasional discomfort of the testicle is normal for the first 2 weeks), but should not be constant or lasting in any way. All pains should resolve within the first 3 months after surgery.

**Constipation:** Continue to increase your water or vitamin water intake. If needed, can trial milk of magnesia, senna tea, or Dulcolax suppository.

**Black and Blue:** The skin may become purple and look like a bruise. This will resolve on its own.

**Seroma:** Some hernias, after repair, develop a fluid collection where the hernia used to be. This fluid will almost always resolve on its own. It may feel like a hard lump even though it is fluid. This is not a hernia recurrence.

**Gas Pains:** Normal for up to a week or so, but will resolve on its own.

### Follow up visits:

Please plan to come in for a routine visit around 4 to 6 months after your hernia repair.

Any Questions, please email Dr. Jacob at [nychernia@gmail.com](mailto:nychernia@gmail.com) or call the office at 2128796677