

Inguinal Hernia Repair Post Op Instructions

Dr. Brian Jacob

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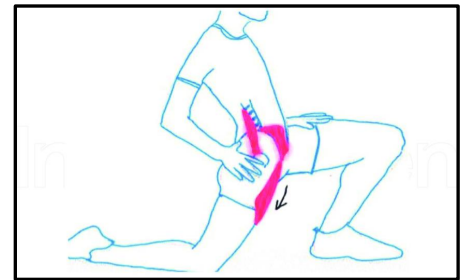
Diet: You can begin your normal diet.

Exercise: You can begin full exercise after the first 5-10 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. Unless you were instructed specifically, in general, 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.



Bathing: Shower at any point. Resume submerged bathing after 4 to 5 days.

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: From time to time, in some patients, the skin near the incisions or the genitals may become quite bruised. This will resolve on its own usually within 2 weeks.

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. Some seromas can last for months however.

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 between 1 and 3 weeks after your hernia repair.

Any Questions, please email Dr. Jacob at nychernia@gmail.com or call the office at 2128796677

Why did I get an inguinal hernia?

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1. Congenital Weakness

- Some people are born with a weakness in the abdominal wall. In men, the inguinal canal doesn't fully close after the testicles descend before birth, making it more vulnerable to herniation.

2. Increased Intra-Abdominal Pressure

Things that raise pressure inside your abdomen can force tissue through a weak spot:

- Heavy lifting (especially without proper technique)
- Chronic coughing (smokers, for example)
- Straining during bowel movements (constipation)
- Obesity
- Pregnancy (in women)
- Ascites (fluid buildup in the abdomen)

3. Age and Muscle Weakening

- As you age, muscles lose strength and elasticity, making hernias more likely.

4. Family History or Genetics

- If a parent or sibling had a hernia, you're more likely to develop one.

5. Previous Surgery or Trauma

- Abdominal surgeries or injuries can weaken the wall and predispose you to hernias.