



Post Operative Instructions: Laparoscopic Inguinal Hernia Repair

After your laparoscopic inguinal hernia surgery, it is very common to feel bloating and shoulder pain for several days afterwards. A heating pad can be very helpful for the shoulder pain. Typically, the bloating resolves on its own with walking and deep breathing.

Pain Control: It is recommended that you begin taking anti-inflammatory medications after surgery. Typically, it is recommended that you take scheduled Ibuprofen and Tylenol afterwards. The medications should be alternated every 3 hours. In between the doses of Ibuprofen and Tylenol, if you have significant pain, feel free to take the narcotic medications as needed. If you do not have significant pain, do NOT take the narcotics. If you do take the narcotic medications, please take a dose of milk of magnesia with the narcotics to prevent constipation.

Example:

Noon – Tylenol 650mg

(If still having significant pain, take narcotics 1 hour later with 15cc milk of magnesia)

3pm – Ibuprofen 600mg

(If still having significant pain, take narcotics 1 hour later with 15cc milk of magnesia)

6pm – Tylenol 650mg

(If still having significant pain, take narcotics 1 hour later with 15cc milk of magnesia)

9pm – Ibuprofen 600mg

Ice is also very helpful especially placed on the belly button incision and can be used for up to 48 hours.

Diet: There are no specific dietary restrictions after hernia surgery.

Activity: For the first few days after surgery, you may not feel like being very active due to discomfort. A simple rule is that “if it hurts, don’t do it”. Limit your activity to walking in the beginning. Going up and down stairs, going outside, and driving are all fine to do after surgery (do NOT drive while taking narcotics, however). Any more significant strenuous activity, wait until the pain is completely gone. Once the pain is completely gone, feel free to begin light exercise and daily activities.

Wound Care: The wounds are covered by a skin glue. The skin glue is completely waterproof so you can shower the night after your surgery. Please do not rub the skin glue too vigorously as it may peel off early. After showering, leave the wounds open to air, they do not need to be covered. Typically, the glue will flake off after 4-6 weeks. Please do not peel the glue off.

Return to Work: You may return to work as early as several days to a week after surgery. The timing of when to return to work depends on your level of discomfort and the type of work you do. You are the best judge of your pain levels and the type of work required of you. It is not recommended to return to work too early as you may be quite fatigued and uncomfortable.

When to call: Please contact your doctor’s office if you are experiencing shortness of breath, worsening pain despite medications, fevers of 101 degrees or higher, nausea/vomiting, severe redness or drainage at the wound, or any other issues of concern. (503) 914-0024