

William J. Plaus, M.D., F.A.C.S.
Robert M. Macdonald, M.D., F.A.C.S.
Michael T. Napierkowski, M.D., F.A.C.S.

General, Thoracic
Vascular, Cancer
Advanced Laparoscopic

Rocky Mountain Surgical Associates, P.C.

4545 East Ninth Avenue
Suite 460
DENVER, COLORADO 80220
Phone: (303) 388-2922
FAX: (303) 388-2962

1606 Prairie Center Parkway
Suite 200
BRIGHTON, COLORADO 80601
Phone: (303) 659-5165
FAX: (303) 659 5527

Hernia Repair

ACTIVITY:

1. Plan to limit your activity after surgery. You will not be able to operate a motor vehicle or perform any tasks, which require fine physical coordination. Since you will not be able to drive for about one week, be sure you arrange a ride home following surgery.
2. For most people, light activity may be resumed the day after surgery. We request that you walk as much as possible. We suggest you refrain from exercise or strenuous activity until you are seen post- operatively in our office.
3. It is important that you do not lift anything over 15 pounds after surgery. You will be given further instruction on limitations at you post-operative appointment.

CARE OF INCISION:

1. The dressing may be removed 24 hours after surgery. You may then bathe or shower. Do not soak in a tub. Make sure your incision is clean and dry. You may cover it with a small gauze or bandage.
2. The firm ridge present under the scar is normal. It will slowly soften over time.
3. Symptoms such as swelling, tenderness, discoloration, numbness or a burning type pain should subside over a period of 8-12 weeks. If they do not, or if they seem excessive, please call promptly for a check up.
4. There may be a small "black and blue" area around the incision. This is related to surgery and will disappear completely within a few days.

PAIN:

1. The physician injected local anesthetic and it will wear off on the evening of your surgery. You should begin taking pain medication before this happens. The physician will send you home with a prescription. Follow the directions given by you doctor. Please be aware that pain medication may cause constipation, so be sure to drink plenty of fluids.

DIET:

1. On the night following surgery, eat a light diet. Resume your normal diet on the day following surgery. Be sure to drink plenty of fluids. You may become constipated from the anesthesia and/or pain medication. You may also try a stool softener and a very mild vegetable based laxative (such as Senokot) if this becomes a problem.

OTHER:

1. NAUSEA or VOMITING: This may be due to residual anesthesia and/or pain medication. Try to take extra strength Tylenol or Motrin instead of the pain pills, but do not combine your pain medicine with Tylenol unless instructed to do so. Also, try to eat a piece of bread or crackers with medication.
2. Some men experience swelling or bruising of the groin area, including genitals. Try elevating your feet and using an ice pack. This will gradually fade.
3. It may be most comfortable for you to sleep in a recliner instead of a bed for a few days.

FOLLOW-UP CARE:

1. Return to the office as your physician requests. Please call for an appointment a day or so after surgery. Call our office at any time should a question arise.