

**Laparoscopic Ventral Hernia Repair with Mesh
(laparoscopic repair of abdominal hernia with plastic)**

Pre- Operative Instructions

Dr. Sitara Kommareddi

Office: 520-512-5757

**** call 7-10 days before surgery to get meds****

An assistant is used in some procedures. If your insurance does not cover, you will receive a bill for their services.

Booking/Arrival/Transport to O.R.:

- Our office will contact you regarding time , place, time of arrival and instructions about surgery.
- **Nothing to eat or drink from midnight night before surgery or as my office directs you. . Your case may be cancelled otherwise.**
- Meds may be taken with sips as usual. You may be asked to stop certain medications before or on the day of surgery.
- You are usually asked to arrive 2 hours before your scheduled time.
- Upon arrival, you'll meet your O.R. team including your anesthesiologist. After discussion, you will receive a mild intravenous sedative and taken to the O.R. where you will be further sedated, then undergo placement of tube through your mouth into your lungs to deepen anesthetic. You will not be aware of this tube being placed or removed, but you will likely have a sore throat for a few days.
- You must have a friend/family member to take you home and preferably stay with you the first one- two nights at home. Otherwise a meditaxi may be arranged via your insurance company. You are responsible for arranging appropriate transport. If suitable transport is not available, your procedure may be cancelled.
- **You may not go home in a regular taxi or bus.**
- **What to do to prepare/what to get ready:**
 - **Show in hibiclens on am of surgery(get generic at walgreens).Use it just like soap, but leave on for 60 seconds then wash off. Specifically also apply to area of surgery.**
 - **If possible obtain before surgery, from the drugstore: ibuprofen, acetaminophen (Tylenol), colace, and any prescriptions I've provided.**
 - **Have water /snacks at bedside so meds may be taken with them.**
 - **Pillows to prop up on and to press to abdomen while coughing etc**

- **Ice packs available. Band-aids or Extra gauze and tape in case of wound oozing. You may get at drugstore without prescriptions**

After the procedure:

- You will stay in the recovery area for at least 2 hours, potentially longer depending on any medical issues.
- I will speak with any family/friends waiting for you, review operative findings, and review instructions.
- You **may** be admitted to the hospital for a 3-5 day stay, possibly longer. This depends on size of mesh I use.

Postoperative expectations/Restrictions:

- **Wound pain is significant for the first 2 weeks to one month after this technique of repairing hernias. It will be present to varying degrees for several months and may require aggressive medication.** You may also have some of the same symptoms you've had before surgery. These will take a few day/weeks, rarely months to recover. The pain may be burning, stabbing, aching, hot/cold or numb/tingling. As you return to normal activities over time, these symptoms may reoccur periodically. **Pain may also be felt in the shoulder, chest, and neck, back and often is best relieved by ibuprofen.**
- **You will have bruising, swelling, hard areas in wounds and over the original hernia site that will resolve over several weeks.**
- An **Abdominal binder** may be placed. It is very helpful with postoperative pain. Wear it during daytime and nighttime if helpful. **Please put in washer and dryer to soften.** It may be cleaned in this manner once a week. **You may wear as long as it is helpful but if possible I'd like you to wear for 2-4 weeks .** If it is too long for your torso, you may cut shorter.
- **Diet:** As usual.
- **Fatigue, nausea, bloating, constipation may occur.**
- **Alcohol** should be avoided for the first 5 days.
- **Activity:** No lifting more than 15 lbs for 4 weeks. Avoid swimming, running, golf, yoga, Pilates, sit-ups etc for that period of time. After 4 weeks, you may slowly resume to your pace as your symptoms allow.
- **Urinary retention:** **Some patients have a bladder catheter placed in the operating room. Rarely patients are unable to urinate once it is removed. If you are unable to urinate 6 hours after you get home, please call. I may have you present to an E.R. to have a bladder check and if needed, place a 12 French bladder catheter, to be removed 5 days later in my clinic.**
- **Travel** should be avoided for 2 weeks-4 weeks after the procedure, if possible.
- **Driving** should be avoided for 10-14days. Subsequently drive if you are fully alert, not on narcotics, and feel you can appropriately react to any driving stressor.
- **Home medications** may be resumed as usual upon arrival home. Specific instructions may be given regarding certain medications such as blood thinners.

- **Wound Care:**
 - You will have large white pads over wound. Remove the morning after surgery, and discard.
 - White strips on wounds (steri-strips) will fall off, or you may remove 10 days after surgery or I will remove.
 - You may have bloody, pink, yellow, orange discharge from the wounds. In this case, apply bandaids as needed.
- **Shower:** shower the morning after surgery. Do not soak in water for 3 weeks.

For Pain relief: Take meds with food/water

- Ice on wounds, 20 minutes at a time, 2-3 times a day is helpful
- #1 Ibuprofen 600 mg-800mg every 8 hours (avoid if gastritis, ulcers, inflammatory bowel disease, intolerance to this drug, kidney failure/kidney removal or if on blood thinners). Try taking this regularly for the first 3 days then as needed thereafter.
- #2 Tylenol 1000 mg every 8 hours. (avoid if liver disease). Try taking regularly for first 3 days.
ALTERNATE IBUPROFEN AND TYLENOL EVERY 4 HOURS.
- #3 A narcotic in addition to the above two.
- #4 Any other med you and I agree as a supplement to the above two.
- #5 Most patients get Pregabalin to take pm and am after surgery for two days. **Most insurances do not cover : you may have to pay out of pocket about \$30.00 for it.**
- #6 Wear the binder for at least 2-4 weeks.

For Nausea:

- #1 Promethazine or ondansetron. (you will receive a prescription).
- #2 Benadryl 12.5 – 25 mg by mouth every 8 hours if #1 not enough. This may be obtained at the drugstore without prescription.
- #3 Any other med we decide on if the above not helpful.

Treatment of Constipation:

If you do not have a bowel movement within 24 hours after surgery, then:

- #1 Colace 100 mg by mouth in am and pm. If not enough to help in 24 hours, then stay on it and add:
- #2 Milk of Magnesia 30 ml once a day. If no B.M. 24 hours later, then stop it, stay on colace and add:
- #3 Magnesium Citrate 1 bottle once by mouth. Take ice cold, poured over ice, drink rapidly over 1 hour, along with large glass of cold water. If no B.M. in 24 hours:
- #4 Repeat magnesium citrate ½ bottle by mouth once again and take a Fleets enema.
- #5 If none of the above work call me for other options.

All may be obtained at the drugstore without a prescription.

Itching:

#1 Benadryl 25 mg tablet by mouth every 8 hours.

#2 Once strips off of wounds, try Benadryl ointment or topical steroid ointment to areas of itching 3-4 x a day. **Can get both at drugstore without prescription.**

Blistering at wound site:

White strips on wounds (steri-strips) can cause blistering or redness in some patients. **If this occurs you may remove them anytime and let me know.** If not helpful, please call.

Time off from Work/School:

- **Plan on taking 2-4 weeks off at least.** You may return once you feel you can work a full day as long as you follow restrictions. Some patients need 4-6 weeks off.
- Please let me know if you need a work release. You may get it on day of follow up or we can fax to number you provide. Please be specific as to when you want to go back to work and any restrictions I need to define.
- **Any disability paperwork may be dropped off. We may take 5-7 days to complete. There is a fee of \$25.00.**

Follow Up:

- Call our office within a day or two after surgery (on a standard business day) to make a followup appointment for 2 weeks.
- Call if you have Temp > 102, persistent, vomiting, worsening pain, redness in wounds that rapidly worsens, if you have more than 5 loose bowel movements per day, or if you are unable to urinate 6 hours after you get home.

Dr. Sitara Kommareddi