

Open Hernia Repair with Mesh (plastic) or Component Separation Repair with Placement of Drains
Pre-Operative Instructions.

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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 your procedure 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 ideally stay with you the first night. 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:**
 - **Shower in hibiclens on am of surgery(get generic at walgreens).Use it just like soap but let sit on skin 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. Extra Gauze and tape may be obtained at the drugstore without prescription, to use in case of wound oozing.**

After the procedure:

- You will stay in the recovery area for at least 2 hours, potentially longer depending on any medical issues. **You may be admitted after surgery depending on the technique I use or extent of repair.**
- I will speak with any family/friends waiting for you, review operative findings, and review instructions.
- Prior to Discharge, you will have an opportunity to review instructions with the R.N. staff and your family/friends.

Postoperative expectations/Restrictions:

- **Wound pain** is significant for at least 3-5 days, starts to diminish by 2 weeks, but will be present to varying degrees for several months. This will take a few day/weeks, rarely months to recover. The pain may be burning, stabbing, aching, hot/cold or numb/tingly. **Pain may be felt just at the hernia site or in multiple other areas in the abdomen.** As you return to normal activities over time, these symptoms may reoccur periodically
- You will have significant **bruising, swelling, hard areas/ a large lump** in the wound that will resolve over several weeks to months.
- An **Abdominal binder** may be placed. It helps 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.** Some patients wear for 2-4 weeks. If it is too long for your torso, you may cut shorter.
- **Diet:** As usual.
- **Fatigue, nausea, bloating, constipation are common for a few weeks.**
- **Alcohol** should be avoided for the first 5 days.
- **Activity:** **No lifting more than 15 lbs for at least 4 weeks. I may extend this.** 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:** Rarely patients are unable to urinate after surgery. If you are unable to do so 6 hours after the procedure, please call.
- **Travel** should be avoided for 2 weeks after the procedure, if possible.
- **Driving** should be avoided for at least 5-10 days. 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:**
 - Clear Tape and gauze will be placed over the wound. You may shower as usual and let soapy water run over this, pat dry. Do not scrub in the vicinity.
 - **48 hours after surgery, remove clear tape and gauze,** to reveal whitestrips (steristrips). You may shower as usual and let soapy water run over white strips. Pat dry.
 - Place large Band-Aids if any oozing. .
 - **Steristrips may fall off, or you may remove in 10 days or I will remove if you wish.**

- **Do not soak in water for 2 weeks.**
- There will be bloody, pink, orange, yellow discharge. Wounds develop skin necrosis where there is a hard black brown scab, possibly requiring debridement in the office.
- **Showers:** Shower the next day. Do not soak in water for 3 weeks.

Drain Care: You may have two clear plastic drains coming out of abdomen. Strip these three times a day and keep track of output. Keep the site covered with a bandaid to prevent suture at drain site from catching on clothes. Change the bandaid every day after shower.

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 -800 mg by mouth 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 regularly for 3 days then as needed.
- #2 Tylenol 1000 mg every 8 hours by mouth.
- YOU CAN ALTERNATE IBUPROFEN AND TYLENOL EVERY 4 HOURS.
- #3. A narcotic . You can take in addition to both above.
- #4 Some patients get Pregabalin to take by mouth pm and am after surgery for two days. **Your insurance may not cover so you may have to pay out of pocket about \$30.00**
- #5 Wear the binder for 2 weeks or longer, daytime and or nighttime.

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, 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 7-14 days off. You may return once you feel you can work a full day as long as you follow restrictions.
- 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.
- **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. You may also make a follow up appointment on the day you are contacted with your scheduling info.
- Call if you have Temp > 102, persistent, vomiting, worsening pain, worsening yellow discoloration of skin, redness in wounds that rapidly worsens or if you are unable to urinate 6 hours after you arrive home.

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