

Laparoscopic Inguinal (groin) Hernia Repair with Mesh (plastic)

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Follow Up:

- Call in the next several days to make an appointment to see me in 2-3 weeks.
- Call if you have Temp > 102, persistent, vomiting, worsening pain, redness that rapidly worsens or if you are unable to urinate 6-8 hours after you arrive home.

Prescriptions: Please give at least 2 days' notice to obtain refills on meds after surgery.

Supplies to get: For men: Snug undergarments such as jockeys or boxer briefs to use two pairs at a time for at least 1-2 weeks postop. **For all:** a few small Band-Aids to use if any oozing from wounds, Ibuprofen 200mg tabs, Tylenol 500mg tabs, colace (a stool softener).

Postoperative expectations/Restrictions:

PAIN IS THE MAIN ISSUE AFTER GROIN HERNIA REPAIRS DUE TO DENSE INNERVATION IN THIS AREA. THERE ARE PATIENTS WHO HAVE SEVERE ACUTE OR LATER CHRONIC NERVE PAIN REQUIRING MORE AGGRESSIVE OPTIONS SUCH AS NERVE INJECTION/RESECTION OR LONG-TERM PAIN MEDS. THIS IS AN INHERENT RISK OF THIS SURGERY.

THERE IS NO PERFECT HERNIA REPAIR. ALL APPROACHES HAVE A RISK OF RECURRENCE AND COMPLICATIONS. YOU MUST READ ONLINE COMMENTS ABOUT PATIENT EXPERIENCES.

- **Wound pain/Groin pain** is present and usually significant for 3-5 days, starts to diminish by 2 weeks, but will be present to varying degrees for several months. You may also have some of the same symptoms you've had before surgery. These will take a few day/weeks/months to recover. **As you increase activities, these symptoms may reoccur periodically indefinitely. All patients have mild chronic intermittent pain indefinitely.**
- **A Hard lump in the groin** over the area of the hernia and into the scrotal sac may be present. This is fluid in the hernia tract and will resolve over weeks to months.
- Bruising, aching, hot/cold sensation, tingling, numbness in the groin, genitalia, thigh are common in the first few weeks also. Some patients have for months or years, usually improving over time.
- **Activity: No lifting more than 15lbs for 2 weeks.** Avoid swimming, running, heavy weights > 15 lbs., golf, yoga, Pilates, sit-ups etc. for that period of time. Afterwards you may slowly resume usual activities as your symptoms allow.

- You may have fatigue, nausea, constipation and bloating for a few days to few weeks.
- **Burning with urination** is common for one – two days. If it persists past then, or if you have a fever more than 101, please call.
- **Urinary retention occurs in some patients with inability to urinate. If you are unable to urinate 6 hours after you get home, please call. If needed, I may ask you to present to an ER for bladder check and a 12 French bladder catheter placement. The catheter is usually left in for 5 days, with removal in my clinic.**
- **Travel** should be avoided for 2 weeks after the procedure, if possible.
- **Driving should** be avoided for 5 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.
- **Diet** is as usual. Heavy meals within the first 1-2 days may worsen nausea.
- **Alcohol** should be avoided for the first 5 days.
- **Wound care:** The clear tape and gauze over wounds should be removed 48 hours after surgery. You may shower with that dressing on but do not scrub the area. Once that dressing off, let soapy water run over white strips (steristrips). Pat dry. If needed apply Band-Aids. Strips may fall off on their own, or you may remove in 2 weeks, or I will remove if you wish.
- **Showers:** Shower the next morning after the procedure. Do not soak in water for 3 weeks.

For Pain relief: Take meds with food/water

- **For men: Snug undergarments will help: i.e., snug jockeys/bike shorts x 2 pairs at a time.**
- Abdominal binder, wear as much as it helps for 2 weeks then as needed. You can put in washer/dryer to soften.
- Ice on the wounds and the groin 20 minutes at a time, 2-3 x a day is helpful

#1 Tylenol (acetaminophen) 1000mg every 8 hours by mouth. **Try to take it regularly for 3 days, then only as needed.** (Avoid if cirrhosis). Obtain at drugstore, no need for prescription.

#2 Ibuprofen 600 mg every 8 hours by mouth. **Try to take it regularly for 3 days, then only as needed.** (Avoid if gastritis, ulcers, inflammatory bowel disease, intolerance to this drug, kidney failure/kidney removal, or if on blood thinners). Obtain at drugstore, no need for a prescription.

ALTERNATE IBUPROFEN AND TYLENOL EVERY 4 HOURS for 3 days, then only take as needed.

#3. Pregabalin (Lyrica) to take by mouth every night until all tabs gone. This is a nerve med to treat pain. **It may cost around \$30.00. If your insurance does not cover, please consider paying out of pocket. You will receive a prescription.**

#4 A narcotic prescription may be provided. If Tylenol (acetaminophen) not helpful, stop taking it then add narcotic to your ibuprofen regimen. **DO NOT TAKE TYLENOL AND NARCOTIC TOGETHER AS MOST HAVE TYLENOL IN THEIR FORMULATION.**

For nausea relief:

#1 Ondansetron 4 mg by mouth every 4 hours as needed to treat nausea. You will receive a prescription.

#2 Benadryl 25 mg tablet by mouth every 8 hours if #1 not enough. This may be obtained at the drugstore without prescription.

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 over 1 hour, poured over ice along with large glass of cold water. If no B.M. in 24 hours:

#4 Repeat magnesium citrate 1 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 steristrips 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 (steristrips) can cause blistering or redness in some patients. **If this occurs you may remove them and let me know.** If not helpful, please call.

Time off work/ school:

- **For desk jobs:** plan on taking at least 7-14 days off. You may return once you feel you can work a full day as long as you follow restrictions. **We will discuss specifics for other employment.**
- 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 if any restrictions.**
- **Any disability paperwork may be dropped off. We may take 5-7 days to complete. There is a fee of \$25.00.**