

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

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Follow Up:

- Call in 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: 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 THIS PROCEDURE. SOME PATIENTS HAVE SEVERE ACUTE PAIN OR RARELY LATER CHRONIC PAIN THAT MAY REQUIRE MORE AGGRESSIVE OPTIONS SUCH AS NERVE INJECTION/RESECTION OR LONG TERM PAIN MEDS. THIS IS AN INHERENT RISK OF THIS PROCEDURE.

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 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/ 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. **Many patients have occasional twinges for years.**
- **You will have bruising, swelling, hard areas in wounds and over the original hernia site that will resolve over several weeks to months**
- **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:** Rarely patients are unable to urinate. 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 possibly place a 12 French Bladder catheter to stay in place for 5 days and remove in my clinic.
- **Travel** should be avoided for 2 weeks-4 weeks after the procedure, if possible.
- **Driving** should be avoided for 7-14days. 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 (steristrips) will fall off, or you may remove 2 weeks after surgery or I will remove.
 - You may have bloody, pink, yellow, orange discharge from the wounds. In that case place band aids as needed.
- **Shower:** Shower the morning after procedure. Do not soak in water for 3 weeks.

For Pain relief: Take meds with food/water

- 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 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.

#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. You can take in addition to all of those above.

For Nausea relief:

#1 Ondansetron 4 mg every 4 hours as needed for 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.**