

**Open Hernia Repair with Mesh (plastic/permanent material) /Phasix (an absorbable material) or
Component Separation Repair with Placement of Drains**

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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: small packet of 4x4 gauze and 2 inch wide tape (in case of need), Ibuprofen 200 mg tabs, Tylenol 1000 mg tabs.

PAIN IS THE MAIN ISSUE AFTER HERNIA REPAIRS. SOME PATIENTS HAVE SEVERE ACUTE PAIN OR AT TIMES 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.

EXTENSIVE TISSUE DISSECTION FROM A COMPONENT SEPARATION REPAIR WITH COMES WITH RISK FOR POSTOP SEROMAS (FLUID COLLECTIONS) AND NERVE SYMPTOMS OF ABDOMINAL WALL.

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 indefinitely.
- You will have significant **bruising, swelling, hard areas/ a large lump** in the wound that will resolve over several weeks to months.
- **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:**
 - **On the groin: you may have wound glue (purple crusting). Do not scrub at this. It will slough off over time: ok to shower with it the morning after surgery. For men: Snug undergarments boxer briefs, jockeys, bike shorts) to raise scrotal sac help treatment of pain).**
 - **On the abdomen: If you have clear tape and gauze** over the wound: You may shower as usual and let soapy water run over this, pat dry. Do not scrub in the vicinity. Remove this dressing 48 hours after surgery, then shower as usual and let soapy water run over white strips (steristrips) to be left in place. They will fall off over 2 weeks. If not you or I can remove them then.
 - **On the abdomen: If you have paper/silk tape and gauze:** remove 24 hours after surgery, shower as usual and let soapy water run over whitestrips (steristrips). Gauze and tape can be replaced as needed if any discharge. The white strips (steristrips) will fall off over 2 weeks. If not you or I can remove them then.
 - There will be bloody, pink, orange, yellow discharge. Wounds can develop skin necrosis where there is a hard black brown scab, possibly requiring debridement in the office.
 - **If you have drains:** Drain care will be taught after the procedure (please review online videos on “ JP drain care and stripping”).
- **Showers:** Shower the next day. Do not soak in water for 4 weeks.

For Pain relief: Take meds with food/water

- Abdominal binder, wear as much as it helps for 3 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. Can get at drugstore without prescription.

#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 a desk job:** 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.**

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