



Surgical Consultants of Dallas, L.L.C

The name of your operation is **inguinal hernia repair with mesh**, which means that your hernia was repaired with a piece of synthetic mesh. The operation was done for an inguinal hernia, a hole in the tissue layers of the abdominal wall. The operation went well, and you came through it smoothly.

Follow-up Contacts

If you have questions about your condition, please call (972) 566-7860 to contact SURGICAL CONSULTANTS OF DALLAS. This number will be answered by our office during business hours and connect with an answering service at night and on weekends.

Specifically, call for any of the following:

- your abdominal pain becomes much worse than when you left the hospital
- the area around your incisions becomes very red, increasingly tender, or begins to drain pus (Small amounts of blood-tinged fluid and mild redness are common and are no cause for concern.)
- your temperature goes above 100.0° F (38° C)
- persistent vomiting, diarrhea, or constipation develop
- you feel as if you are getting sick instead of well
- If you are considering contacting your other doctors or going to an emergency room for something related to the operation, please **first call** SURGICAL CONSULTANTS OF DALLAS (972) 566-7860. You will reach the office during business hours or be automatically forwarded to the on-call doctor if it is after hours.

Please phone (972) 566-7860 to make a follow-up appointment within 10-14 days. You may leave a message, and your call will be returned within one business day.

Diet

You may eat any kind of food that you like. As long as you are eating a balanced diet, there are no specific foods that will speed up or slow your recovery. You require no changes in your diet as a result of this operation. Your digestion will be as good as ever.

Pain Control and Other Medications

When you leave the hospital, you will have a prescription for medicine to help with the pain from your incisions. Have it filled at a pharmacy near your home. You may resume any medications you may have been taking for conditions unrelated to your hernia.



Bowel Movements

Bowel movements may be irregular for several weeks, but they gradually return to normal. Pain medicine may make you constipated, and as the need for pain medicine decreases, so will the constipation. If you go for more than a couple of days without having a bowel movement, try eating prunes or taking a gentle laxative, such as milk of magnesia.

The Incision

Your incision is closed with absorbable sutures and surgical glue. You may take showers or baths and allow soap and water to wash over incision. The glue will peel off in 10-14 days.

The incision may swell or turn black and blue. You may place ice over the incision for 15-20 minutes several times a day for comfort.

Activity

It is common in the first few days at home to feel a little more tired than expected. This comes from the increased activity involved in moving around home. It is not a problem, and is no reason to limit your activity. Just compensate by getting extra rest.

You may return to full activity after your follow-up appointment.

- You may perform normal daily activities as you feel up to it. This includes walking up and down stairs, walking outside the house, traveling as a passenger in a car or a plane, etc.
- Do not drive while taking narcotic pain medications.
- Limit lifting to 20 pounds for 4 weeks.