

ROUTINE POST OP INSTRUCTIONS FOR HERNIA REPAIR

1. You may resume your normal diet
2. Do not drive until cleared after your first post op visit
3. No heavy lifting for 8 wks
4. You may experience pain for the first week following surgery. If you have been given a prescription for a pain reliever, do not drive or operate hazardous equipment or machines. You should not consume alcohol while taking these medications.

In order to avoid the constipation associated with narcotic pain relievers, you should also take:

- Colace 100 mg twice a day with glass of water

- Miralax mix 1 capfull with a glass of water once a day

5. Your incision should be kept clean and dry. If there is a gauze dressing this can be removed in 48 hours. If you have a clear plastic dressing, leave this in place until your doctors appointment. . It is not unusual to notice a small amount of blood collecting under the dressing, if the bleeding is increasing and not being contained by the dressing then call.
6. You may shower in 48 hours. You should avoid taking a bath until after the first post-op visit.
7. Call to confirm an appointment in the office for about one week from the date of surgery.
8. Notify the office if you notice any of the following:
 - Increased pain at the site of the incision
 - Redness at the incision site
 - Drainage from the incision
 - Fever or loss of appetite
 - Persistent nausea or vomiting

Contact info for Dr. Gentry's Office:
Office: 530 528-0801
Answering Service picks up after hours
For Emergency dial 9-1-1