
POST-OP RECOVERY (GROIN HERNIA REPAIR)

Apart from the specific instructions given to you depending on the type of surgery you have undergone, the basic general instructions that you should follow after your surgery are as follows:

1. Take pain relieving and other medications as advised. Pain relieving medication should be taken with food. After the first 72 hours of surgery, take the pain medication only when needed.
2. Underwear that provides support to the area will help reduce swelling and pain.
3. Do not drink alcohol, drive a vehicle, operate any machinery or sign a legal document for the first 24 hours after the surgery as the effect of the sedative and/ or the anesthesia administered during the surgery may last for the first 24 hours of the surgery.
4. Dressings should be removed after 5 days (unless otherwise instructed). It is not uncommon for a small amount of blood to be visible under the dressing, this is not of concern and the dressing should be left sterile and intact.
5. Avoid strenuous activity, as advised. Remember that it is easier to prevent developing pain rather than managing it once it has already developed. Rest for a few days after the surgery is advisable, but keep mobile.
6. Keep the dressing clean and dry to promote wound healing.
7. If you experience pain on performing a particular activity, this is your body telling you that it is not quite ready. Try to avoid painful activities until further healing has occurred.
8. Eat a healthy diet and drink plenty of non-alcoholic and non-caffeinated drinks. Everything is ok in moderation
9. A small amount of swelling in the genital area is expected. There may also be bruising or discolouration caused small amounts of blood tracking to the scrotum or labia.
10. Schedule your follow up appointment with your doctor as advised.

Please consult your doctor immediately if you experience any of the following symptoms:

- Increased drainage from the incision
- Increased redness around the operated area
- Large amount of swelling under the wound or in the scrotum
- Foul odour
- Fever greater than 38.0 degrees C.
- Suspected recurrence of your hernia.
- Sudden calf pain or shortness of breath
- Chest pain