

**DERI M. LEWIS M.D.**  
General Surgery & Surgical Oncology

7777 Forest Lane, Suite C-522  
Dallas, Texas 75230  
(972) 566-5880

**POST-OP INSTRUCTIONS FOR HERNIA REPAIR**

Because most patients don't require overnight nursing care after hernia repair, day surgery is the ideal setting for this procedure. These facilities provide excellent care without the inconvenience and expense of an overnight stay. After your hernia repair, you will recover comfortably at home with your family. Should admission to the hospital be required, for whatever reason, you will be admitted and stay as long as needed.

*To insure a smooth recovery after surgery, follow these general guidelines:*

1. An adult should be with you the night after surgery.
2. You will be given a prescription for pain medication. This provides adequate relief, although some discomfort is to be expected. I recommend maintaining a constant level of narcotics in your system for the first 48 hours post operatively. This can be achieved by taking even a small dose (1/2 pain pill) every 4-6 hours around the clock for the 1<sup>st</sup> two days, although you may require a larger dose. After the 2<sup>nd</sup> day, you may take pills only when necessary.
3. You may shower the day of surgery. No swimming, hot tubs, or tub baths for one week after surgery.
4. **You may shower the day after the surgery.**
5. Call if you notice excessive swelling, severe pain, inflammation, drainage or temperatures above 101. These may be signs of infection or bleeding. Occasionally, bruising will occur this is normal.
6. Lift only light objects than you can manage easily. I recommend maximum of 10 pounds for four weeks.
7. Aerobic activity may be resumed when you feel ready. As a general rule if an activity causes pain – STOP.
8. Call the office for a follow up appointment for 10-14 days after surgery.
9. Questions often arise – please feel free to call.