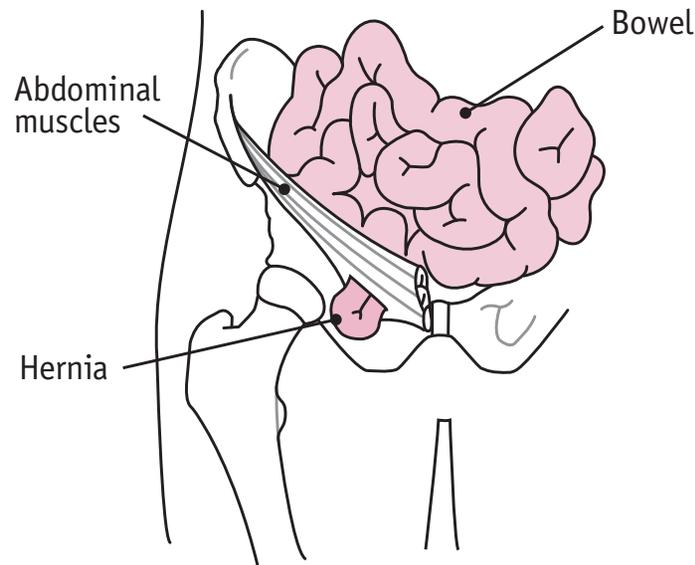


# After Laparoscopic Inguinal Hernia Repair

## Discharge Instructions

## General Information

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- A hernia occurs when some of the bowel pokes through a weakened area in the abdominal wall. An inguinal hernia occurs in the groin or inguinal area.
- The hernia is repaired using a **LAPAROSCOPE** or lighted telescope. It allows the surgeon to view the inside of the abdomen and to perform operations.
- A 10mm incision or cut is made just below the navel (belly button) and a gas, carbon dioxide, is placed in the abdomen to allow viewing. The laparoscope is inserted through this small incision. 2 other incisions (about 5mm) are made lower down on the abdomen. Surgical instruments are inserted through these incisions to do the hernia repair.
- The weakened area is repaired with a mesh material.
- A general anesthetic is used so you will be asleep for this procedure.
- During the operation, your incision may be injected with a local anesthetic ("freezing"). This drug will provide pain relief for about 3 to 4 hours after surgery.
- The procedure takes about an hour.

## Dressing and Wound Care

- You will have 3 or 4 small incisions closed with steri-strips (small tapes) and covered with small gauze dressings. These gauzes can come off in 2 days.
- In 5–7 days, remove the steri-strips (tapes) that are over the wound. If they fall off before 5–7 days, replace with band-aids.
- There may be a small amount of blood on the steristrips or band-aids. This is usually not a cause for concern.
- If the steristrips or band-aids become soaked with blood, apply firm steady pressure over the area for 10–15 minutes or until the bleeding stops.
- There may be a crackling noise around the groin area from the remaining carbon dioxide gas. **This is normal** - it will go away in 2–3 days.
- Men may have some swelling around the scrotum. **This is normal** - the swelling will go down with time. Meanwhile, wearing tight underwear (e.g. Jockey shorts) or an athletic support can help.

## Bathing

- You may shower in 2 days: carefully pat dry the steristrips.
- DO NOT soak the area in the bathtub until you talk with your doctor.

## Pain

- Take pain medication as soon as sensation begins to return to the surgical area. **Do not wait until you are in pain.**
- Take the pain medication ordered by your surgeon every 4 hours for the first day or two. Then, take as needed.
- You may have some mild shoulder, neck or back discomfort due to carbon dioxide gas remaining in the abdomen. **This is normal.** It will go away in one or two days. Meanwhile, lying down flat or using a hot water bottle often helps.

## Medications and Diet

- Remember that a well-balanced diet is important for wound healing.
- You will get a prescription for pain medication. Some of these medications cause drowsiness and constipation.
- To **prevent constipation**, include high fiber foods in your diet such as:
  - full grain breads, bran cereals (All Bran, Bran Buds, Fruit & Fiber), fruits (prunes, raisins, dates, bananas, apples), and vegetables.
- Ask your doctor or pharmacist about a mild laxative or stool softener (e.g., Colace), if constipation is a problem.
- Do not drink alcohol when taking pain medication.

## Activity

- When you return home from the hospital go to bed and rest for the remainder of the day. It is okay to get up to use the bathroom or get something to eat.
- Resume normal activity gradually over the next 3–5 days.
- Avoid heavy lifting/straining for \_\_\_\_\_ days.
- **No strenuous activity for 2 weeks.**

***AT ALL TIMES**, it's important to avoid straining your incision, therefore:*

### **DO NOT:**

- lift anything heavier than 20 pounds (eg. heavy bags of groceries, children) as advised by your surgeon.
- resume sports activities until okayed by your surgeon
- drive unless you're sure you can brake safely in an emergency
- strain when going to the bathroom
- plan on returning to work until this is discussed with your doctor. This depends on the nature of your job as well as your general health and recovery.

## Passing Urine

You might have trouble passing urine but if you relax and take your time, it will usually be alright. If you can't go, drink some fluids, lie down, and try again a little later.

**DO NOT PUSH OR STRAIN.**

## Follow-Up Appointment

- Contact your surgeon's office to book a follow-up appointment.

## **Notify the Doctor or go to the Emergency Department if any of the following happens:**

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- If the wound becomes swollen or red
- If there is pus-like (yellow or green) drainage from the wound
- If there is persistent or heavy bleeding from the wound even after applying direct pressure to the area for 10–15 minutes
- If the pain is not relieved by prescribed medication
- If you are uncomfortable and unable to pass urine for more than 8–10 hours even though you have been drinking plenty of fluids
- If you have chills or fever over 38°C (100.4°F).



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