

INGUINAL HERNIA INSTRUCTIONS

- The day of surgery, apply ice packs to incision area (15 minutes on/15 minutes off) until bedtime.
- You may experience difficulty urinating the day of surgery. If you do not urinate prior to 4 p.m., please call our office at **706-236-6328**
- Take it easy for 48 hours after surgery. The less time on your feet, the less swelling.
- You may shower 48 hours after surgery. Leave the dressing in place, take a shower, and then remove the dressing. No tub baths.
- You should not drive until your staples are removed and you are no longer taking your pain medicine, and able to respond quickly
- You may see the nurse to have your staples removed in 7-10 days. Approximately two weeks after you see the nurse, you will have your post-op visit with the doctor.
- **Men:** Please wear brief-type underwear after surgery for 1-2 weeks. This will help to reduce testicular swelling. Some testicular swelling and bruising is normal.