

Home advice for patients who have undergone a Hernia Repair



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Following your minor operation:

It is important to remain mobile and hydrated after surgery to prevent blood clots.

- The dressing over your wound site may be removed after 48 hours. You may then have a quick shower or bath. Additional waterproof dressings will be provided on discharge, and the nurse will inform you if there are any stitches to be removed.
- You may be given additional medication to reduce your risk of developing a blood clot. This will be decided by your surgical team before discharge home.
- There may be bruising and swelling around the wound site, this can include your genital area. This is normal and should resolve on its own over time.
- You may be unable to open your bowels for a day or two following surgery. This is not uncommon. Taking a laxative such as senna or lactulose may help alleviate this. Try not to strain. Supporting the wound with a light amount of pressure may help with the discomfort.
- You can return to light duties within two weeks of surgery (you should not lift anything heavier than a full kettle) or heavier duties within four-to-six weeks. You should be able to return to your usual level of activity by the time a month has passed (i.e lifting) unless advised otherwise by the surgeon.
- It is advisable that you do not drive for approximately one week following surgery. Once you are free from pain and are able to sit in the driving position comfortably you should practise doing emergency stops with the engine off. You should check your insurance documentation to ensure you are covered to drive following your surgery.
- The surgical stockings should ideally be worn for at least one week or until you are fully mobile.
- You can restart sexual relations within a week or two of surgery, once the wound is comfortable enough.

When to seek medical advice following surgery:

- Chest pain.
- Breathlessness.
- Pain that is getting worse rather than better in the days following surgery.
- Increased abdominal pain.
- High temperature.
- Localised swelling of a limb, which may be red and hot to touch.
- Reduced mobility.
- If you have any concerns regarding your wound like persistent bleeding, extensive swelling, or discharge, you should contact your GP or practice nurse for a wound review.
- Difficulty in passing urine.

For 24 hours following your general or local anaesthetic:

- Do not drive a car, ride a bicycle or operate machinery
- Do not lock the bathroom or toilet door
- Do not make important decisions or sign legal documents
- Do not drink alcohol
- If there are any issues after you return home, please contact your GP
- It is important following surgery to remain as mobile as possible

The Day Care Unit is open Monday to Friday from 07:00 to 22:00, if you have any concerns following your discharge home please do not hesitate to contact us on 01493 452029 or 01493 453006.

Out of these hours please contact 111 or if you feel it is an emergency attend your local A&E department.

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/ department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

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Responsive communication
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The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240