

Surgery Center of Pinehurst Home Instructions after Hernia Repair

Activity:

You may resume your normal activities as soon as you are able. Please do not lift anything heavier than 20 pounds until you are seen at your follow-up appointment.

Medications:

Follow instructions carefully. Pain medications should be taken with food to minimize side effects such as nausea and vomiting. Pain medication may also dehydrate/constipate, so drink plenty of fluids. Milk of Magnesia is fine to take if you become constipated. Please do not drive a car or operate machinery as long as you are taking narcotics.

Upon discharge, a medication reconciliation sheet of all your current medications will be given to you and reviewed with you by the Surgery Center of Pinehurst.

Diet:

You may resume your normal diet with no restrictions. Remember to drink plenty of fluids to avoid constipation while on narcotics.

Care of Dressing:

If you have an outer bandage, you may remove it in 48 hours and at that time you may shower. Leave the steri-strips in place but do not worry if they fall off.

Swelling/bruising:

Swelling and some bruising are not uncommon. This will go away in the first week.

Appointment:

Please keep your scheduled appointment. If your scheduled appointment is inconvenient for you, please call my office and we will reschedule you for a more convenient time.

Please call my office at 910-235-4024 if you have any questions or problems.

Dr. Alzamora
Office: 910-235-4024