

**Surgery Center of Pinehurst  
Home Instructions Inguinal Hernia Repair**

**Activity:**

You may resume your normal activities as soon as you are able, with the exception of lifting. Please do not lift anything heavier than 20 pounds until you are seen at your follow-up appointment. Wear scrotal support during the day.

**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. Please do not drive a car or operate machinery as long as you are taking pain medication.

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 pain medication.

**Care of Dressing:**

If you have an outer bandage, you may remove it in 48 hours and at that time you may shower. Take your blow drier and blow warm air on the steri-strips. You can remove the steri-strips in 5-7 days. If your incision is covered with a clear covering called "Derma-Bond", it will require no care.

**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 235-2716 if you have any questions or problems.**

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**Dr. Grantham**  
**Office: 910-235-2716**