

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 10 for 6 weeks after surgery.

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 your wounds:

OK to shower with soap and water. Avoid scrubbing your incision. Pat dry. Skin glue will flake off in 7-14 days.

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 910-235-4030 if you have any questions or problems.

**Dr. Heathcote
Office: 910-235-4030**