

## **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 24 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 910-235-4023 if you have any questions or problems.**

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**Dr. Chu**