

Hernia Repair Surgery

Your physician is going to perform the following surgery for you; hernia repair.

The surgery usually takes 3 to 4 hours.

Expected time in the hospital will be 3 to 7 days depending on return of bowel function. 48 hours post discharge from U of C, you may shower and change your dressing. For the daily dressing change use antibiotic ointment and maxi pads if you have blue sutures. If not, just use maxi pads.

Recovery time is usually 3 weeks.

You may return to work in about 3 weeks.

You may resume driving when you are no longer taking narcotic pain meds, and are released by your physician.

Activity restrictions: no lifting of anything heavier than a half gallon of milk for 4-6 weeks. You may resume your regular exercise routine in 4-6 weeks or when released by your physician.

You will have a post-op visit in clinic the week after your surgery, call the clinic @ 773-834-7302.

Regarding Drains: you will need to keep an accurate drain log that states how many cc's of fluid drains during a 24 hour period. You may shower right away with drains, but do not take a tub bath. Please call if your drain site shows signs of infection or if it will not sustain suction and stops draining before your post-op visit.

Regarding post-op garments: none are needed.

Reasons to call the Nurse: Your surgery site is red, has a thick yellow discharge, you have a fever, you have severe nausea, or severe pain at the surgery site. Your drain fell out, your sutures came out.

Who to call: Bernadette RN at 773-702-6302. Or if it is after normal business hours or on the week end, call 773-702-1000, ask for the page operator and have them page the Plastic Surgery Resident on call.

For questions, please feel free to e-mail the nurse at : bschmitt@surgery.bsd.uchicago.edu