

## **Dr. Olivia M. White**

### **MDH General Surgery**

#### **INGUINAL HERNIA POST OP CARE**

- *Dissolvable stitches:* Your stitches are dissolvable and located under the skin, they will not be removed. Treat skin glue like a scab. It will peel off in 10-14 days. You may shower today; do not soak the incision under water in a bathtub/pool for 2 weeks.
- *Staples/external stitches:* Leave surgical bandage in place for 48 hours. After 48 hours, you may remove your bandage and shower; do not soak the incision under water in a bathtub/pool for 2 weeks. Your staples/stitches will be removed at your follow up visit.
- Expect scrotal swelling and bruising. You may elevate the scrotum with a pillow when sitting down. Wear a jock strap as needed for additional support. You may ice your scrotum as needed for pain/swelling. Call the office if you are concerned about the level of swelling.
- If you are unable to empty your bladder within 6 hours of your surgery, proceed to the emergency room.
- Use pain medication as prescribed. Call the office if you are having uncontrolled pain.
- Use ice packs as needed for pain/swelling.
- Do not lift more than 20 pounds for the first 6 weeks following your hernia repair. Otherwise, you may resume your regular activities immediately following surgery. Call the office if you have questions about specific activities.
- You have no dietary restrictions.
- Call the office if you experience the following: fever >101.5F, worsening pain, excessive bleeding or drainage from your incision/wound, inability to empty your bladder, inability to have a bowel movement for more than 5 days.
- If you have concerns after hours, you may reach the on-call surgeon by calling McDonough District Hospital at (309) 833-4101.
- Dr. White's office phone number: (309) 833-3706