

Dr. Olivia M. White
MDH General Surgery

VENTRAL HERNIA REPAIR

- *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.
- If you had an *open umbilical hernia repair:* Your stitches are dissolvable and located under the skin, they will not be removed. Leave bandage in place for 48 hours. After 48 hours, you may remove the bandage and leave the incision open to the air. Leave white steri strips in place until they fall off; this usually takes 10-14 days.
- If you have a surgical drain, empty the drain and record the output every 8 hours. Keep the drain site clean and dry. Call the office if you have questions about your drain output or drain care.
- 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 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