

Inguinal Hernia Repair

Take pain relief and other medications as advised.

Supportive underwear will help reduce swelling and pain.

Wound care: Your wound will be covered with a dressing which should be left in place for 1-2 weeks. It is normal to notice some dried blood under the dressing. You can shower with the dressing in place and even get it wet.

Activities: You should generally restrict vigorous activities for 4 to 6 weeks following your surgery. Please avoid driving until you are pain free and not requiring narcotic pain medication. You need to be able to perform emergency braking and move around freely. Please check with your insurance provider if you have further questions.

Local symptoms: A variety of local symptoms are common for several weeks after surgery including minor swelling and bruising in the genital area. Numbness of the skin above the wound may be present and may last for many months.

Late Complications: these include wound infection and swelling under the wound due to bleeding. The latter is more common in patients on blood-thinners. **If your wound becomes very tight or swollen, if you develop fevers, malodorous discharge from the wound, chest pain or shortness of breath, please seek medical attention promptly.**

Follow up:

- A visit at 2 - 3 weeks to review your progress. You will need to ring the office if an appointment has not yet been made.

Country Patients: If you are unable to return to Canberra for follow-up, it may be possible for the dressing to be removed and for your follow-up to be undertaken by your local doctor. Please contact us for advice.

Please take this to your GP:

DEAR DOCTOR,

Your patient is recovering from inguinal hernia surgery.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE DO NOT HESITATE TO CONTACT DR HAZEL SERRAO-BROWN

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