What To Expect: Inguinal Hernia Repair
East Texas Vascular Associates

Your Surgical Incisions & Wound Dressings

1. Pain is typically located over the surgical incisions and can radiate into the groin. Patient's can also experience pain and "heaviness" in their scrotum.
2. After surgery, men may notice swelling of their penis and/or scrotum and women may notice swelling of the labial area of their vagina.
3. You may also notice black and blue discoloration of the groin and/or genitals! Do not be alarmed by the bruising, even if it occurs a few days after the surgery.

Managing Pain-Conservative Treatment:
- Please apply ice to the surgical incisions 30 minutes on / 30 minutes off while awake for the first 24-36 hours to help reduce pain and swelling
- Please wear supportive undergarments ("tightly whiteys" and "jock straps") can help reduce discomfort in the scrotum

Managing Pain-Medications:
- Prescription: Please take your prescriptions as written (Typically Tylenol 3 or Ultram)
- OTC medications: Patients may also try alternating Tylenol (max 3g/day) and Ibuprofen every 4-6 hours instead of taking prescribed pain medications

RETURNING TO DAILY ACTIVITIES

Bathing: You may shower after the surgery. Avoid submerging in water (Ex: taking a bath, swimming, or going in the hot tub) for 1-2 weeks.
Work: You can expect to tire more easily during the first week or two, but you'll notice improvement rather quickly. Pay attention to how you feel, and ease back into your normal routine. If you need to work a shorter day, do it. You won't be productive at work if you're over-tired anyway. Depending on your occupation, full recovery may take anywhere from one to six weeks.
Driving: You may begin driving when both of the following have occurred: You have stopped taking prescription pain medication and you can quickly turn your abdomen without pain.
Exercise: You may begin walking after the surgery as you feel up to it! Please wait 6 weeks to begin back vigorous activities such as running or lifting items heavier than 10lbs.

Discomfort, Bruising & Swelling

NOTE: If you experience any of the following symptoms, please call our office at 903-595-2636 for further instructions:
- Fever (>100.4°F) or chills
- Uncontrollable nausea/vomiting
- Excessive sweating
- Difficulty urinating
- Redness of the incision site or the groin
- Bleeding from the incision site or with urination
- Uncontrollable pain and/or worsening pain