

# What To Expect: Inguinal Hernia Repair

## East Texas Vascular Associates

### Your Surgical Incisions & Wound Dressings

1. We use sutures under the skin that will dissolve and a topical, medical grade superglue (Dermabond®) to keep the wound clean and dry. Dermabond® is the surgical dressing, you do not need to keep the wound covered.
2. You may experience a hard, excess tissue sensation under the surgical site, this is called a healing ridge. This is part of the body's normal healing process and will reduce as time passes.
3. You may experience numbness and tingling around the incision site. The surgeon cut many cutaneous (skin) nerves to reach your hernia. Don't worry, for most patients this is a temporary sensation as these nerves will regenerate with time!

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.

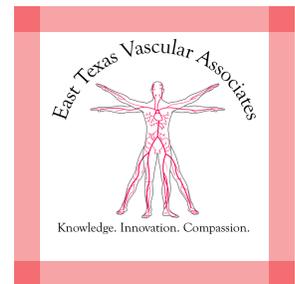
#### Managing Pain-Conservative Treatment:

- 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 ("tighty 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

### Discomfort, Bruising & Swelling



### 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.

**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