

Mr Raymond Yap

MBBS, BMedSci, MSurgEd, FRACS, FCSSANZ
Colorectal and General Surgeon
Laparoscopy, Robotics, TEMS/TAMIS, taTME
Open Access Colonoscopy & Gastroscopy
Colorectal Cancer, Diverticulitis, IBD
Haemorrhoids & Anorectal Disease

CR Surgery Clinic

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After Hernia Surgery Instructions

You have had your surgery. Mr Yap has talked to your contact person. Any special instructions has been given to you or them. *A responsible adult must take you home. Do not drive or operate machinery for the rest of the day of surgery.*

Diet & Activity

- There are no particular limits on your diet apart from eating healthily.
- For the period listed below, avoid any activities that strain the abdominal muscles such as sit-ups, weights, sex and lifting objects over 5kg. Avoid any activity that causes much pain.
 - For keyhole (laparoscopic/robotic) surgery this is for **4 weeks**.
 - For open (larger incision) surgery this is for **6 weeks**.
- If you live alone, make arrangements with family or friends in advance to stay and help you.
- Do not drive for the first week, do not go alone the first time and do not go far. Do not drive if you are still on strong painkillers.

Pain and Medications

- **Over the counter pain medications** – Take 1000mg of paracetamol every 6 hours, up to 4 times a day. You can add 400mg of ibuprofen to this, up to 3 times a day – they do not interact.
- **Narcotic pain relief** – If you still have severe pain, use the prescribed tablets every 4-6 hours. *Narcotics can cause constipation but this can be managed by taking laxatives as well.*
- **Stool softeners** – Take a Movicol sachet, once a day if you are on strong painkillers. No prescription is required.

Smoking & Alcohol

- **Do not smoke:** If you have been smoking, **stop**. Smoking interferes with healing and increases your risk of complications including infection, hernias, pneumonia, chronic lung disease such as emphysema and lung failure, and cancer. If you need help quitting, talk to your GP.
- **Avoid** alcohol in the first two weeks after surgery. Once you are not taking pain relief, drink no more than one standard alcoholic drink a day.

Wound Care

- Keep wounds clean and dry. **If there is a dressing please take it off 5 days after your operation.** Leave the wound uncovered unless there is discharge – if so, place plain dry gauze over the wound to absorb this. Do not wear a belt or tight pants against the wound.
- Please bathe everyday. Do not submerge your incision for 2 weeks. If you have a dressing, it can go in the shower and pat dry afterwards.

Things to Watch For

- Heavy wound bleeding, discharge, new dizziness or feeling faint.
- New pain, fevers, nausea or vomiting.

Follow up

- A follow-up appointment has usually been made for you – see below. If not, please call for a follow up appointment in 4 weeks.
- If you have any questions/concerns, please contact Mr Yap or the rooms.
- If you cannot reach your surgeon or you need immediate attention, please go to your nearest emergency room.

REVIEW CONSULTATION: Date **TIME:.....**

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