



## Dr. Hall's Hospital Discharge Instructions Following Inguinal Hernia Repair

### Activity

Proceed with your daily activities as tolerated but do not lift anything heavier than 10 pounds for 6 weeks. Walking following the operation is encouraged.

### Diet

Eat a healthy and well-balanced diet. A separate instruction sheet will be provided if necessary.

### Wound Care

The wound care is different for every type of skin closure that is performed. Please see below for instructions.

- **Surgical glue**
  - You may shower daily immediately. Do not submerge the wound in a bath for 2 weeks. No swimming for 2 weeks.
  - Wash the wound with regular soap and water daily.
  - No need to apply any ointments or lotions.
  - The surgical glue will flake off after several weeks. The sutures under the skin will dissolve.
- **Steri-strips**
  - Remove the top dressing in 2 days and shower. Do not submerge the wound in a bath for 2 weeks. No swimming for 2 weeks.
  - Wash the wound with regular soap and water daily.
  - No need to apply any ointments or lotions.
  - The Steri-strips will fall off after several weeks. If they have not fallen off in 2 weeks it is okay to remove them. The sutures under the skin will dissolve.
- **Permanent sutures (Sutures that need to be removed) or Staples**
  - Remove the top dressing in 2 days and shower. Do not submerge the wound in a bath for 2 weeks. No swimming for 2 weeks.
  - Wash the wound with regular soap and water daily.
  - It is okay to apply Vaseline to the wound once daily after showering. No other ointments are recommended.
  - Please follow up in the clinic in 7-10 days for suture removal or 10-14 days for staple removal.

### Follow Up and Results

Follow up in our clinic in two weeks for a wound evaluation and to discuss any results. If there are any problems or questions after surgery, please call our office at (731) 422-0304.