



Dr. Hall's Hospital Discharge Instructions Following Large 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. Wear the abdominal binder as often as possible.

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.

Drain Care

- The nursing staff will instruct you on how to empty and strip the drain on discharge from the hospital.
- Empty the drain twice daily and record the output. A separate sheet will be given to you on discharge along with a measuring cup that will be provided by the nursing staff.
- It is okay to get the drains wet. Please dry the base of the drain and place a bandage following a shower.
- If the drain site becomes red or drains pus, please call our office immediately.

Follow Up and Results

Follow up in our clinic in 1 week for a wound evaluation and to discuss possible drain removal. If there are any problems or questions after surgery, please call our office at (731) 422-0304.

