

Advice after hernia repair

Discomfort

You may be given painkillers to take home and these should be taken regularly at first. Otherwise if you experience any discomfort, painkillers such as Paracetamol and Ibuprofen may be taken. Please follow the instructions on the packet.

Wound

The stitches used to close your wound will be dissolvable these may take 10-14 days to dissolve. You can remove the dressing after 24-48 hours and then you may take a shallow bath or shower as you wish, but please avoid soaking in the bath until your wounds are healed.

If you have any concerns about your wound because it is red, hot, swollen or painful you should seek medical advice. Please make an appointment with your practice nurse for a wound check if needed.

Your recovery and return to normal activity

Over the next few days gently move around, rest in the afternoon and very gradually do a little more each day. Essentially you can do what you like, but if it hurts, stop doing it.

If you are coughing, sneezing or laughing, use your hand to provide an extra wall of support against the operated area.

Do not do any heavy lifting, gardening, sports etc for at least 2-4 weeks after the operation. Do not drive for about a week after the operation. When you feel ready, try a short test drive on a quiet road. You should check with your insurance company before driving as policies vary.

You can generally return to work after 2 weeks with light duties and a full return to normal by 3 weeks. The nurses can provide you with a fitness to work note to cover the first 2 weeks.

Follow up

You will not normally be seen in outpatients after the operation, but if you have any problems or questions please telephone the surgical office (01722 336262 ext 4778) and we will be happy to see you in the surgical clinic if needed.

Further advice

If you require any further advice please contact:

- Day Surgery Unit 01722 336262 ext 4550 between 7:30am and 7pm
- After 7 pm contact Downton ward 01722 336262 ext 2182, your GP or NHS direct 111.

Day Surgery Unit
01722 336262 ext 4550



If you need this information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer-care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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