

**POST OPERATIVE INSTRUCTIONS AFTER HERNIA SURGERY
CHELSEA SURGICAL CARE**

WOUND CARE: Keep the dressing dry for 2 days. The dressing may then be removed and you may shower. There may be a small amount of bloody drainage on the bandage. The incision does not need to be recovered unless there is drainage. If you need to recover the surgical site, use a dry sterile gauze or bandaid. Some bruising and swelling is expected. If you have concerns, please call the office.

PAIN CONTROL: Please fill the prescriptions and follow the medication directions on your paperwork. Ice in a plastic bag can be applied to the site 4 times a day and as needed for comfort. Your bandage provides support. If you were given an Abdominal Binder, it will provide additional support and comfort.

DIET: There are no restrictions but on the first postoperative night, a light meal is recommended. Be sure to drink plenty of fluids and eat a healthy diet. If you develop constipation, use an over the counter laxative such as Milk of Magnesia or Miralax. Stool softeners are also helpful.

ACTIVITY: Avoid heavy lifting (anything greater than 25 lbs) or staining.

DRIVING: You may drive once you are off narcotics and are comfortable driving after_____.

FOLLOW UP APPOINTMENT: You should already have an appointment. If you don't know the date or time, please call the office: (860)886-0660.