



Hernia repair surgery: aftercare advice

Information for patients from Day Surgery

You have had surgery to repair your hernia. The following explains what you should do when you get home to look after yourself and your wound.

When you get home and for the first few days after your surgery

- Arrange for someone to collect you from hospital and look after you for the first 24 hours.
- You must rest for 24 to 48 hours after your operation.
- If you have had a general anaesthetic, avoid drinking alcohol, smoking, or taking sleeping tablets for 24 hours after your operation.
- If you have had a general anaesthetic, do not drive, cook, or operate any machinery for 24 to 48 hours after your operation

Will I be in pain after surgery?

Some discomfort is normal, but occasionally you may get severe twinges of pain which may continue for some months. Take pain relief tablets as prescribed by the hospital.

How do I look after my wound dressing?

Remove your dressing after five to seven days. Only replace it before then if your wound is oozing or bleeding (the hospital will provide you with a fresh dressing for this). After five to seven days leave your wound uncovered, unless told otherwise by the hospital.

Do I need to have my stitiches removed?

No, your stitches are dissovable. They can take up to two weeks to dissolve.

Can I have a bath and shower after my surgery?

You can have a shower 48 hours after your surgery, and a bath after five days.



When can I drive again?

You should avoid driving for at least one week after your operation. You must be able to perform an emergency stop without it hurting, before you can drive again. If in doubt, speak with your GP or insurance company.

When can I return to work?

You can return to work when you feel well and comfortable enough. This is usually after two weeks if you have an office based job, but can be at least a month if your job is physical/manual. If in doubt, ask your GP for advice.

When can I exercise again?

At least three times a day take a short walk of a few hundred yards or more (if you wish) to avoid stiffness of your muscles and joints.

Swimming, cycling, and other strenuous activities should all be avoided until your wound feels fully comfortable, which may take a month or more.

What complications should I look out for?

- **Swelling and discolouration of your wound**, which may spread down into your scrotum or vulva, is usual and may last for up to two weeks.
- **Numbness** in the same areas is also not uncommon.
- Your wound may **bleed**, which may be stopped by applying pressure to the wound for 10 minutes. If the bleeding continues after doing this twice, phone Day Surgery on one of the numbers listed below.
- You may develop an **infection** in your wound. If you develop excessive redness, pain, or swelling around your wound please contact your GP or Day Surgery on one of the numbers listed below.

What if I have any questions or concerns?

If you have any queries (especially if you are getting increasing pain, redness, or swelling after 48 hours) please do not hesitate to contact Day Surgery on the numbers below or your GP.

- Channel Day Surgery, **William Harvey Hospital**, Ashford
Telephone: 01233 616263 (24 hours a day, 7 days a week)
- Canterbury Day Surgery Centre, **Kent and Canterbury Hospital**
Telephone: 01227 783114 (7.30am to 8pm)
Telephone: 07887 687645 (8pm to 7.30am)
- Day Surgery Unit, **Queen Elizabeth the Queen Mother Hospital**, Margate
Telephone: 01843 234499 (7.30am to 8pm)
Telephone: 07887 651162 (8pm to 7.30am)