



Discharge Instructions for Laparoscopic Inguinal Hernia Repair Patients

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Medications

- Please take regular paracetamol for 7 days after surgery. Tablets or liquid, either are acceptable and DO NOT exceed the maximum daily dosage.
- You will be given stronger pain relief to take as needed eg oxycodone or tapentadol. Take these only if needed – DO NOT DRIVE WHILE TAKING THESE STRONGER ANALGESICS.
- Resume any medications you were on before surgery. Your surgeon will let you know if there are any medications to continue to withhold. This may include blood thinners eg aspirin, warfarin, Plavix etc.

Pain

- It is common to get some abdominal and/or shoulder pain after laparoscopic (key-hole) surgery. This should mainly subside within 3 days of surgery.
- **If the pain worsens or is accompanied by shortness of breath/chest pain, please contact Sea Change Weight Loss Clinic or present to your nearest emergency department.**

Wound Care

- You will leave hospital with dressings on your wounds. Please keep these dressings in-tact for 7 days after surgery.
- You can shower as usual with the dressings on, as they should be waterproof.
- If the dressings come away or get soaked through from the shower, simply replace them with a band-aid.
- After 7 days, dressings can be removed. You will see a healing wound. The stitches are beneath the skin and will dissolve and do not need to be removed.
- Contact our office if you have any concerns about your wounds ie: redness, pain, swelling or discharge.
- Note that it is normal to have some redness around wound sites as they heal.
- It is common to get swelling and bruising in the groin (and scrotum in males). This should subside within 2 weeks of surgery.

Diet

- You can resume a normal diet post surgery.



Bowel habit

- Please avoid constipation post surgery. It is advisable to take a laxative (of your choice). You may become particularly constipated if you are taking a stronger analgesic such as endone (oxycodone).

Activity/Return to Work

- Your date of returning to work will depend on your job.
- Patients must refrain from heavy lifting (more than 4kg per hand) for 2-4 weeks post surgery – your surgeon will advise how long.
- You are free to walk immediately after surgery – start slowly and build up. Avoid too much exercise on hot days and maintain hydration.
- You may drive once you are off strong analgesia (endone, palexia, oxycodone, tapentadol) and can react in an emergency.

Please contact us if you have concerns

- During business hours, **contact Sea Change on 02 4037 5858**. View our business hours here: seachangeclinic.com.au/contact
- After hours, contact the ward from which you were discharged.

In Case of Emergency

- Please present to an Emergency Department or dial **000** if you experience any of the following:
 - Chest Pain
 - Sudden shortness of breath
 - Fast heart rate – more than 120 beats per min
 - High Temperatures over 38°C
 - Severe Nausea and vomiting
 - Increasing abdominal pain
 - Increasing use of pain medications
 - Inability to pass urine