

What to Expect after Surgery

- You may shower 24 hours after surgery.
- No baths, swimming, hot tubs or soaking of any kind for 2 weeks.
- You will likely have surgical site pain for 3-5 days.
- You will be given a prescription for pain medicine after surgery.
- Your incision will have a liquid protective coating that will dissolve in 2 weeks.
- Do not lift anything heavier than 40 pounds for 6 weeks after surgery (Post op instructions may be different PER Surgeon).
- Do not drive if you are taking pain medication.
- Unless provided, there is no special diet after surgery. You may feel better if you eat smaller, more frequent meals.
- You may walk and go up and down stairs.
- Call the office if temperature is greater than 101°, drainage from the incision, or any other problems. If after 5pm, please speak with the answering service to talk with the physician on call.
- For Hernia Repair Surgeries: Inguinal Hernia – Groin swelling and bruising will occur. Call or report to the hospital emergency room, if you are not able to urinate 8 hours after surgery.
Abdominal Hernia-IF you go home with an abdominal binder on, wear it for the next 2 weeks if you are able to tolerate. We also recommend wearing a t-shirt under it to help with comfort.
- Breast Surgeries-Please purchase a sports bra that snaps/hooks in the front to wear going home after your surgery. Bring this with you to the hospital the day of your surgery. You will wear this going home and continue to wear this day and night for the first 2 weeks after your surgery, then you may use a regular bra.

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