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Post Operative Hernia Repair Surgery Instructions

Day of surgery:

- A prescription for pain medication will be given the day of your surgery
- A stool softener (Colace) is also given. Start this the morning after surgery
- Do not take any Tylenol with your prescribed pain medication
- After 2 days you may alternate your prescribed pain medication with ibuprofen (Advil) unless instructed differently at discharge.

After surgery:

- Depending upon what type of hernia you had repaired, you may have dermabond (a type of glue used on the skin) on your abdomen or groin. This typically comes off in 7-10 days. Some incisions have a dressing with gauze and tape. This may be removed the second day after surgery. Do not remove steristrips. They will come off in 10-14 days.
- You may shower the day after your surgery if you have a dermabond dressing and 2 days after your surgery if you have a dressing with gauze and tape
- No soaking in tubs
- For the first 2 days after surgery eat a bland mostly liquid diet such as jello, juices, oat meal, cream of wheat, yogurt, pudding, and crackers
- It is not uncommon to experience constipation and not have a bowel movement for 3 days. A stool softener such as Colace i
- No driving for 7 days after surgery
- No lifting over 10 pounds for 6 weeks after surgery unless instructed differently.
- Call the office and schedule an appointment approximately 2 weeks after your surgery

If you experience any of the following symptoms, call the office as soon as possible.

- Fever over 101° Fahrenheit
- Worsening pain that is unrelieved by pain medication
- Nausea or vomiting that persists
- Worsening incision redness or drainage from the incision