



Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

## Pre and Post Op Care Instruction- Hernia Surgery

We at Glacier Surgical wish you a quick recovery from your procedure! The best way to do so is to follow the pre- and post-operative regimen described below. These will help guide you in preparing for your surgery and what to expect after.

### Preparation for Surgery:

- The hospital/surgery center will call you the day before to tell you what time to arrive.
- Please arrange a ride with a family member (18+) or close friend from the hospital/surgery center. **You must have a ride to take you home, no public transportation allowed unless you are still accompanied by another responsible adult (not the cab driver).**
- Please arrive at the facility 1 ½ hours prior to your scheduled surgery time, unless told otherwise by the facility staff.
- Wear loose comfortable clothing.
- **DO NOT WEAR** any jewelry, makeup, lotions, or fingernail polish. Any rings that are too snug to be removed should be removed by a jeweler and left at home. Any hidden piercings or studs should also be removed and left at home.
- Please take the following medications the morning of surgery

- Please stop the following medications on \_\_\_\_\_.

\_\_\_\_\_

\_\_\_\_\_

## Preoperative Fasting Guidelines

Type of food and drink	Use Hospital Arrival Time
	Minimum Fasting Period (hours)
Clear liquids Medications with a sip of clear liquid as prescribed	2 hours
Light meal Non-Clear Juices/Drinks Non-human milk	6 hours
Regular meal (may include fried or fatty food and meat at patient's discretion)	8 hours

### Definitions:

- 1) Clear liquids: water, clear fruit juices such as apple juice or white cranberry juice (without pulp), plain tea, black coffee (no cream or milk added), clear, electrolyte-replenishing drinks such as Pedialyte®, Gatorade®, or Powerade® or carbonated beverages.
- 2) Light meal: one that is easy to digest and has few calories; foods which are low in fat and protein content
  - a. Acceptable foods: toast, crackers, fruit, broth, apple sauce
  - b. Foods NOT acceptable: fatty or fried foods, meat, cheese, and high fat dairy products.

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#### After Surgery:

- Please ensure that you have a friend or family member to drive you home after your procedure.
- You may experience pain around the incisions (pain medication will be prescribed).
- Swelling and discoloration is normal and will disappear.
- Showering is allowed the day after surgery. There will be surgical glue on the incisions that will fall off on its own.
- No soaking or submerging under water (Baths, Hot Tubs, Pools, etc.) for one week.
- Refrain from covering your incisions with any sort of cream.
- There are no diet restrictions after your surgery.
- It may take anywhere from one to five days to pass a bowel movement. Irregularities are normal, unless you are experiencing bowel issues that last an unusual amount of time or accompanied by unusual pain. For constipation, be sure to talk to your doctor about taking a laxative to minimize the strain on your incision.
- You may have swelling after surgery. The place where your hernia once was will occasionally fill with post-op fluid, which will be absorbed by the body in a few weeks.
- Men may notice a swollen or tender scrotum. Ice packs and supportive or compressive underwear can help. This will resolve with time.

#### Driving and Work:

- You may drive after you are off narcotics/muscle relaxer medications.
- Return to work is dependent on the extensiveness of your surgery. Your physician will discuss this with you.

#### Physical Activity:

- There is a lifting, pushing, and pulling restriction of 10 to 15 pounds for six weeks after surgery.
- Soreness is normal. You will also feel fatigued and easily drained for a couple of weeks.

#### Call Your Doctor If....:

- You break a fever over 100 degrees Fahrenheit, or uncontrollable shaking and chills.
- You feel pain that does not subside over a long period of time.
- You experience redness, excessive heat, or pus draining from your incisions.
- You have nausea or an inability to drink fluids that does not go away.

I have read and understand the above instructions.

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Date

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Patient/Guardian

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