



PAIN MANAGEMENT

- Everybody's experience of pain is different and some feel this more than others
- It is normal to have some pain after surgery. You will be given a regime of pain killers to manage this
- Other simple measures can also help, such as wearing an abdominal binder and modifying the way you get up from a lying position
- As part of the operation, you will be given a nerve block to help with pain management
- Medications usually involves a combination of paracetamol, anti-inflammatories e.g., Nurofen, and an opioid
- Pain should improve over time as you recover
- Once you cease feeling pain or discomfort, you can stop your pain killers – starting with the stronger ones and eventually weaning off the rest

WOUND CARE

- All your stitches are dissolvable, so there is no need to have them removed
- Your dressings are waterproof so you can take a shower but not a bath
- After 10 days, remove the dressings
- If the dressing falls off within 10 days, please replace them
- No baths, swimming or submerging the wound for at least two weeks

DIET

- No restrictions

RETURN TO DAILY ACTIVITIES

- You will feel tired for a few days after surgery
- If you have a relatively sedentary job, you may return to work after about a week or two
- Do not drive for the first 7 days after surgery and ensure that you are able to sit comfortably, work the controls, wear a seatbelt, look over your shoulder, and make an emergency stop
- No heavy lifting for 4 weeks to allow the fascia to heal. This reduces the chance of developing hernias
- Running can be attempted after 2 weeks
- Cycling should be avoided for 4 weeks
- You may swim about 2-3 weeks after surgery IF the wounds have healed



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POSTOPERATIVE ADVICE:
VENTRAL & INCISIONAL HERNIA
REPAIRS

SEEK HELP IF YOU EXPERIENCE

- Chest pain, shortness of breath
- Uncontrolled pain despite analgesia
- Uncontrolled nausea and inability to maintain a decent oral intake
- Fever >38 degrees
- Abdominal distension
- Trouble passing urine and are having pain in the lower abdomen
- Swelling, foul-smelling discharge or redness in your wounds
- **If you are very unwell or unable to reach us on (02) 6140 7070, please dial 000 or go to the closest Emergency Department**