



A/PROF CHRISTOPHER LIM
MBBS, BSc (Med), MRCS, MS, FRACS
HEPATOBIILIARY, PANCREATIC,
UPPER GI & GENERAL SURGEON



AFTER SURGERY: INGUINAL HERNIA REPAIR

PAIN & SWELLING

- Some pain and swelling are normal after surgery.
- Take paracetamol and anti-inflammatories as directed. Use opioids only if needed for breakthrough pain and stop as soon as possible.
- A nerve block given during surgery will help reduce pain for the first day.
- Simple measures like rolling onto your side before sitting up from bed and wearing snug, supportive underwear can be helpful
- Pain should steadily improve each day
- Some patients experience bruising and swelling in the genital region. This is usually self-limiting and resolves after a few weeks.

WOUND CARE

- Stitches are dissolvable. Do not pick at the skin glue; it will slough off over time.
- Shower as usual but avoid baths or submerging wounds for at least 2 weeks.

DIET

- Eat a normal diet as tolerated.
- Drink plenty of fluids and include fibre to prevent constipation

RETURN TO DAILY ACTIVITIES

- Light walking is encouraged from day one to help recovery and prevent blood clots.
- You may return to sedentary work after 1–2 weeks, depending on comfort.
- Do not drive for at least 7 days. Only drive when you can move freely, wear a seatbelt, and perform an emergency stop.
- Avoid heavy lifting, strenuous activity, or sports for 4 weeks.
- Listen to your body and increase activities gradually.

WATCH OUT FOR:

- Chest pain, shortness of breath, severe or increasing pain, persistent nausea/vomiting, fever >38°C, significant groin swelling, trouble urinating, or wound issues (redness, swelling, discharge).

CONTACT US ON: (02) 6196 6776

IN AN EMERGENCY: Call 000 or go to your nearest Emergency Department