



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



AFTER SURGERY: VENTRAL HERNIA REPAIR

PAIN & SWELLING

- Some pain, discomfort 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 can be helpful
- Pain should steadily improve each day
- Swelling or bruising around the incision may last up to 2 weeks.
- If recommended (generally for large hernias), wear an abdominal binder when up and about for extra comfort and to reduce swelling.

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 and straining

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 at least 4 weeks; longer for large or complex hernias
- 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 abdominal 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