

This sheet provides general guidance for your recovery after hernia repair surgery. **Every patient recovers at a different pace.** Please always follow any specific instructions given to you by your surgeon.

## Pain Management

- Mild to moderate pain around the surgical site is **normal** for the first few days and will gradually improve.
- Take **paracetamol** (1 g every 6 hours) as first-line pain relief. You may also use an anti-inflammatory medication: either **ibuprofen** (400 mg every 8 hours with food) **OR celecoxib** (200mg every 12 hours) unless advised otherwise.
- Use provided strong pain relief (opioid) medication only if paracetamol and ibuprofen (anti-inflammatory) are not sufficient. **Avoid driving** while taking opioid medications.

## Wound Care

- Keep wound dressings **clean and dry** for the first 24 hours.
- You may **shower** after 24 hours. Running water only (no direct water pressure on wound). Gently pat incisions dry. Do not rub.
- Wound/skin dressing applied is called “Duoderm”, allow this waterproof dressing to fall off on its own (usually 7–10 days). Do not peel them off early.
- **No baths, swimming pools, or spas** for at least 3 weeks or until cleared by your surgeon.
- Do not apply creams, ointments, or antiseptics to the incisions unless specifically instructed.

## Activity and Recovery

- **Walking is encouraged** from the day of surgery. It promotes circulation and helps prevent blood clots.
- Let pain be your guide. If an activity causes significant discomfort, ease off. You will not damage the repair with gentle activities.
- Avoid **heavy lifting** (over 10 kg) and strenuous exercise for **4-6 weeks**, or as advised by your surgeon.
- Return to driving when you can perform an **emergency stop comfortably** and are off opioid medications (usually 3–7 days).
- Most patients return to desk work within **1–2 weeks** and physical work within **4–6 weeks**.

## What to Expect

- **Bruising** around the wound, groin, or scrotal area is common and will resolve over 1–2 weeks.
- A firm **swelling or lump** at the repair site (seroma) may develop. This is a normal fluid collection and usually absorbs on its own over several weeks.
- You may feel a sensation of **pulling or tightness** in the groin for several weeks as the mesh settles.
- Mild **fatigue** and reduced energy for 1–2 weeks after surgery is normal.
- **Constipation** is common, especially with opioid pain relief. Eat a high-fibre diet, drink plenty of water, and use a gentle laxative if needed.

## Diet

- No special dietary restrictions. Resume a **normal balanced diet** as tolerated.
- Start with **light meals** on the day of surgery and progress as appetite returns.
- Stay well **hydrated** — aim for at least 6–8 glasses of water daily.
- Include **fibre-rich foods** (fruit, vegetables, wholegrain cereals) to prevent constipation.

## Follow-Up

- Attend your **post-operative appointment** as scheduled (usually 3–4 weeks after surgery).
- Allow the waterproof wound dressing to fall off on its own (usually 7–10 days). Do not peel them off early.
- Contact the rooms (08 6163 2800) if you have questions or concerns before your scheduled visit.
- Alternatively, available Email contacts:
- 1) [welcome@thesurgeonscollective.com.au](mailto:welcome@thesurgeonscollective.com.au)
- 2) [reception@dradamphilipoff.com.au](mailto:reception@dradamphilipoff.com.au)

**Seek urgent medical attention if you experience:** fever above 38.5°C | increasing redness, swelling, or discharge from the wound | severe or worsening pain not controlled by medication | persistent nausea or vomiting | significant swelling or hardness at the surgical site