



Discharge Instructions for Laparoscopic (or Robotic) Hernia Repair

You had a procedure called laparoscopic hernia repair. Also called a rupture, a hernia is a tear or weakness in the wall of the belly. This weakness may be present at birth. Or it can be caused by the wear and tear of daily living. Hernias may get worse with time or physical stress. But surgery can help repair the weakness and eliminate symptoms.

During laparoscopic hernia surgery, a surgeon inserts a telescope attached to a camera as well as surgical instruments through tiny incisions in your abdomen. The surgeon repairs the hernia with a mesh, which patches the tear or weakness in the fascia.

Home care

- Note that your shoulder may feel tight or your neck may be stiff for 24 to 48 hours after your surgery. This is common and usually lasts a short time. You may also have numbness around the incision area.
- Keep doing the coughing and deep breathing exercises that you learned in the hospital. These will help to prevent lung infection.
- Prevent constipation so you don't strain when going to the bathroom. Eat fruits, vegetables and whole grains. Drink six to eight glasses of water a day, unless otherwise directed. Use a laxative or a mild stool softener if your health care provider says it's OK.

Bandage and Incision Care

- Do not get the bandage or wound wet for 24 hours.
- If strips of tape were used to close your incision, don't pull them off. Let them fall off on their own.
- Remove any gauze bandage in 48 hours.
- Wash your incision with mild soap and water. Pat it dry. Don't use oil, powder or lotion on your incision. Do not soak your incision or take tub baths until cleared by your health care provider.

Activity

- Ask others to help with chores and errands while you recover.
- Don't lift anything heavier than 10 pounds until your health care provider says it's OK.
- Don't mow the lawn, use a vacuum cleaner or do other strenuous activities until your health care provider says it's OK.
- Climb stairs slowly and pause after every few steps.
- Walk as often as you feel able.
- Ask your health care provider when you can drive again. This may be when you stop taking pain medicine and can move comfortably from side to side. Don't drive if you are still taking opioid pain medicine.

When to call your health care provider

Call your health care provider right away if you have any of the following:

- Pain, bleeding, redness or fluid at the incision site that gets worse
- Fever of 100.4°F (38°C) or higher, or as directed by your health care provider
- Vomiting or nausea that doesn't go away
- Inability to urinate
- No bowel movement after three days
- Swelling in abdomen or groin that gets worse
- Pain that's not relieved by medicine



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