

Did your doctor tell you that you have developed an infection related to your surgery?

If YES, please call the Infection Prevention Control office at LWDH

(807) 468-9861 extension 2362

Thank you for helping us ensure quality care.

Lake of the Woods District Hospital

21 Sylvan Street

Kenora, Ontario

P9N 3W7

Telephone (807)468-9861 Fax (807)468-3939

**DISCHARGE
INSTRUCTIONS**

FOR

**INCISIONAL (VENTRAL)
HERNIA REPAIR**

1. Eat lightly for the first few meals after your surgery and progress as able to tolerate. You should consume a diet high in protein to promote healing (unless on a restricted or special diet).
2. Increase the fluid and fiber in your diet to help your bowels move. Laxatives, such as Milk of Magnesia, may be used for constipation but discuss this with your surgeon first.
3. Do not lift anything heavier than 10 pounds (6 kg) for 8 weeks or as otherwise directed by your doctor.
4. You may shower starting in 1 to 2 days but avoid tub bathing until steri-strips are removed. When showering, avoid saturating incision with water while steri-strips in place. Pat incisions dry. Avoid use of soaps, powders and lotions.
5. You may leave your incision exposed to air or cover with a light dressing for comfort.
6. Resume medications as on at home unless otherwise advised.
7. You will tire easily, so resume activities only as tolerated.
8. Take your prescribed pain medication as directed (every 4 hours, if needed) for discomfort.
9. Discuss when you will be able to return to work with your physician.
10. If you have steri-strips along your incision, you may remove them in 1 week.

11. If you have been given sedation (intravenous medication): Sedative and narcotic medicines given during your procedure may linger for hours. Thus, you may notice some drowsiness during the remainder of the day. For this reason, it is essential that a companion drive you home or accompany you if you plan to take a taxi or public transportation. You should not drive today or operate machinery. You should not plan any activities that require complex thought or coordination today. Do not drink alcohol or take sedative medicines during the next 24 hours.

12. Notify your doctor or come to Emergency if any of the following occur:

- Excessive pain or nausea
- Unusual bleeding
- Redness, swelling or drainage of pus from incision
- Elevated temperature over 100F (38C)
- Faintness or dizziness
- Bladder difficulties
- Unusual cough or shortness of breath
- Excessive drowsiness

13. Make an appointment to see Dr. _____
in _____ Phone number _____

**** If you have any questions do not hesitate to call your doctor ****

Special Instructions: _____

