



Dr Mark Romero

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General and Colorectal Surgery

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Post-operative instructions for umbilical hernia repair

After your umbilical hernia repair, you will be reviewed by me or one of my team members and discharged. This will usually occur on the same day as the surgery. Below are some post-operative notes, please familiarise yourself with them.

Diet:

No special restrictions. Everything in moderation.

Pain relief:

Regular Panadol and Nurofen are usually sufficient and should be taken regularly **and** together, at least for the first 1 or 2 days. You will be provided with a script for a stronger analgesic (such as Tramadol or Endone) to supplement the Panadol and Nurofen **if** you need it.

Wound care:

Your wound will be dressed with a waterproof dressing. Please do not allow water to get under the dressings for 48 hours. After 5 to 7 days, feel free to remove the dressings and leave the wounds uncovered. You may get the wound wet at this time. There are **no** sutures to remove.

Activities and driving:

Please move about as much as you can within the limits of your comfort. My only recommendation is to avoid heavy lifting (> 5kg) or straining for 6 weeks after the surgery. This allows your hernia repair mesh to "set" properly.

Expected healing process:

Tenderness, slight swelling and bruising can occur around the incision site (the "cut") but this is not a cause for concern and will improve in 2 to 4 weeks. You might feel a "tightness" at the operative site when stretching or doing other movements but this will improve with time. You should only drive once you are comfortable performing the normal maneuvers of driving without limitations due to pain/discomfort. Usually this is 2 weeks.

Return to work:

Expect to take at least 2 weeks off work while you recuperate. You will need to be on light duties until 6 weeks after the operation.

Things you should tell your GP or me about:

- Severe pain that is not responding to the pain relief prescribed needs attention and should not be ignored.

- Increasing redness or discharge from the wound may indicate a wound infection (rare) and may require antibiotics.
- Fevers or feeling sick after this procedure is unusual and you should contact your GP or me for attention immediately.

Follow up:

Your usual follow up with me will be around 4 to 6 weeks after the procedure and you will be provided with an appointment card at discharge or will be asked to make an appointment yourself (if you go home on the weekend, for example). It is important for you to keep your appointment as we can discuss your recovery and I can assess your healing and give you the all clear.

All the best,

A handwritten signature in black ink, appearing to read 'Mark Romero', with a small horizontal line at the end.

Dr Mark Romero