

FREQUENTLY ASKED QUESTIONS

HERNIA SURGERY



Quality surgery in the community

Do I need someone to take me home after the operation?

Yes, and to stay with you for the first 24 hours. We ask that the person bringing you waits while your operation takes place.

Do I need to rest after my operation ?

Yes, you must rest. When you get home have a light snack and drink, and start gentle exercise the next day.

AVOID ANY LIFTING FOR 2 WEEKS, NO HEAVY LIFTING FOR 6 WEEKS

Are there any exercises that I should do daily?

To improve blood circulation whilst you are less mobile (sitting), you should make circles with your feet and pull your toes up and down to stretch your calf muscles. Do this every hour until you are back to fully mobile.

When can I eat and drink as normal?

The same day – we recommend you have something small to eat when you get home.

Will I need to take pain relief?

Yes, it is very important to take the pain medication as instructed by the Clinical team. It will help with the initial pain and will help with your recovery. Not taking the pain relief as instructed will leave you with more pain than is necessary.

When can I remove my wound dressing?

Please keep your dressing on and dry until after your wound review appointment. There may be blood on your dressing; this may appear after the anaesthetic wears off and is normal.

When can I bathe or shower?

The dressing needs to be kept dry until your wound review, so please perform 'strip' washes only.

Will I have bruising?

Expect some bruising in the abdominal, scrotal or hip area. This is normal and will disappear in due course. Please continue to wear tight fitting underwear for 2 weeks post operation to support the scrotum and avoid bruising. This area can be sensitive, sore and possibly numb, and can take up to 6 weeks to return to normal.

When can I resume sexual activity?

It is recommended you abstain for at least 2 weeks.

When can I resume exercise?

It is sensible to abstain from strenuous exercise for a minimum of 2 weeks, however you must take daily walks and perform the calf exercises mentioned above.

How long do I need to stay at home from work?

The length of time depends on the type of work you do, N2S can issue a sick certificate for 2- 4 weeks, this must be signed by the surgeon so please prompt the team on the day of your operation.

When can I drive?

DO NOT DRIVE until you are signed off by the theatre team, as you need to be fully in control of your vehicle in order to fulfil your insurance requirements. This is usually 1 week following your operation.