



## Day Surgery Unit

# Patient Advice Following Hernia Repair

You have just had a procedure to repair a hernia.

### Pain

The surrounding area has been numbed with local anaesthetic, which normally wears off within four to eight hours. You may experience some discomfort at this time. It is advisable to take some pain relief regularly and as necessary. Follow the instructions on the packet and do not exceed the recommended daily dose. Please be aware that some pain relieving medications can cause constipation. This can be reduced by ensuring that you eat a high fibre diet and drink approximately 1.5 - 2 litres of fluid per day, or as otherwise directed.

If you need to cough or sneeze, place your hand over the scar and support it. This will help to ease any discomfort.

### Wound

The wound should be kept covered until healed.

It is advisable to keep the wound and dressing clean and dry for the first ..... hours to promote healing and minimise the risk of infection. After this time you can wash or shower as usual, but avoid soaking the wound and dressing.

Change the dressing after ..... hours and then every ..... days until the wound has healed/stitches have dissolved/stitches have been removed.

Appropriate dressings will be given to you as deemed necessary.

It is not unusual to have extensive bruising around the incision.

Observe the wound for signs of inflammation, swelling, redness or discharge, and if it becomes warm or hot to touch. If you have any concerns, please contact your GP for advice.

### Stitches

The wound has been closed with stitches that do not need to be removed. They will dissolve over the next 10 to 21 days.

The wound has been closed with stitches that need to be removed. Please make an appointment with your Practice Nurse at your GP surgery on ..... for removal of stitches. A Practice Nurse letter will be given to you on discharge.

## Work

Your own circumstances will determine when you return to work. You can self-certificate for one week. Contact your GP for a certificate if further time off is required.

## Activity

It is natural to feel tired, as this is your body's natural reaction to the stress of the procedure. Take it easy for the first few days. It is recommended that you take regular short walks to help the circulation in your legs.

Do not lift anything heavy for the next ..... weeks.

You must not drive for 24 hours following sedation or a general anaesthetic. This is a requirement of the Road Traffic Act. After this time you may drive when you can perform an emergency stop safely or as otherwise directed by the surgeon.

## Contact Numbers:

We hope that you have found this information useful. If you have any questions or are worried about anything, please call:

Your GP or out of hours GP	
NHS Direct	111
Dorchester Day Surgery Unit	01305 254501 (day of procedure only)
Weymouth Day Surgery Unit	01305 762664 (day of procedure only)
Lulworth Ward after 8pm	01305 255471
Abbotsbury Ward after 8pm	01305 255150

## About this leaflet:

Author:	Laura Gower, Staff Nurse/Coordinator
Written:	2015
Updated & Approved:	November 2020
Review Date:	November 2023
Edition:	v2

If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email [pals@dchft.nhs.uk](mailto:pals@dchft.nhs.uk)



**INTEGRITY | RESPECT | TEAMWORK | EXCELLENCE**

© 2020 Dorset County Hospital NHS Foundation Trust  
Williams Avenue, Dorchester, Dorset DT1 2JY  
[www.dchft.nhs.uk](http://www.dchft.nhs.uk)