

**KINGSTON HOSPITAL NHS TRUST  
DAY SURGERY UNIT**

**LAPAROSCOPIC HERNIA INSTRUCTION SHEET POST-OPERATIVE**

**When you arrive home on day One**

You must ensure you have a responsible adult at home with you for as long as advised. This is for your safety.

Go home and rest.

Take the painkillers as prescribed.

Get up only to go to the toilet.

Normal diet and fluids.

**Day Two onwards**

The general rule of thumb is that if an activity you are performing does not hurt it is not doing any damage. If it does hurt you should stop and wait for another day or two before resuming that activity. Generally most people can resume driving at approximately a week to ten days following the operation, and are back to all normal physical activity at ten days to two weeks, and strenuous physical activity between two and three weeks. You can tell whether you are ready to drive a car by sitting in the driver seat without turning the car on and placing your foot heavily on the break as if doing an emergency stop. If this action produces pain, then you should not drive your vehicle. Always check with your insurance company before resuming driving.

The main discomfort you will have will come from the wounds in the centre of the abdomen. There will be some discomfort in the groin and it is common to experience bruising in this area, which may track down and be seen in the scrotum. In addition for the first 24 hours following the operation you may find that gas used during the operation to create a working space within the abdominal cavity has tracked to the scrotum and this causes enlargement and a crackly sensation when the scrotum is touched. Although sometimes this may seem alarming, it will gradually settle causing no problems. You will not need antibiotics after the operation, although you are given antibiotics during the procedure to prevent infection of the mesh.

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You will have small dressings on the wounds. There may be a small amount of blood on these when you leave the Unit, this is normal. You must leave the dressings on until your stitches are removed. If you have absorbable stitches, the nurse will give advice about when to remove the dressing.

It is not usual to make a follow-up appointment following this operation.

**Your stitches are dissolvable and do not need to be removed.**

**You should seek advice if you have:**

Not passed urine within 24 hours.

Persistent vomiting

Continuing bleeding or leakage onto the dressings

An enlarged reddened area around the wounds or dressings

Not had your bowels open by the third day following surgery despite a mild laxative.

Persistent abdominal pain.

**IF YOU HAVE ANY PROBLEMS FOLLOWING YOUR OPERATION:**

**CONTACT THE DAY SURGERY UNIT ADVICE LINE:**

**Monday – Friday 8:00am – 7:30pm 020 8541 5370**

**Evenings & Weekends: Mobile No: 07850 913965**

**OR: Contact your GP**

**OR: Come to Accident & Emergency Department**

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