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POST-OPERATIVE INSTRUCTIONS FOLLOWING

HERNIA REPAIR

Pain Relief

- Regular paracetamol (1g – ie 2 x 500mg) every 6 hours can be taken together with either oxycodone, Targin or codeine. **Note:** Panadeine Forte is paracetamol 500mg + 30mg codeine in combination. Occasionally ibuprofen is more effective and less constipating than these stronger pain killers (400mg three times a day with food).

Constipation

- Common with strong pain killers so consider using Movicol (over the counter medication), one sachet once or twice daily as needed.

Activity

- Do very little the first 2 weeks.
- Keyhole (laparoscopic) repairs are usually less sore so normal activity can be “eased into” at 2-4 weeks.
- Open repairs usually “ease into” activity at 4-6 weeks.

Driving

- Usually 1-2 weeks when comfortable to wear a seat belt and get in and out of the vehicle. Heavy vehicles or public transport vehicles probably need 4 weeks off to be safe.
- Do not drive at all for 24 hours after the operation, ideally 48 hours.

Wounds

- Usually closed with dissolving stitches which take care of themselves. Allowed to wash and pad dry post-op. Leave Steri-Strips on 1 week or until they peel off.
- If very red or oozy or develops swelling it might signify wound infection. Please let my office know if you suspect this.

If there is a problem:

Such as severe abdominal pain, fever, vomiting, bloating, massive new swelling at operative site(s), inability to pass urine:

- Call rooms in business hours (6925 6004).
- If after hours, in Wagga call Calvary Private Hospital to speak with nursing supervisor (6925 3055). In Griffith call St Vincent’s Private Community Hospital on (6966 8300).
- Consult your own GP.
- Present to your local Emergency Department.