Laparoscopic Ventral Hernia Repair

Postoperative Information

HOSPITAL STAY: After laparoscopic ventral/incisional hernia repair, most patients stay in the hospital for 1-2 days after surgery. Your pain control must be adequate on oral medications alone and you must be able to walk, drink liquids and urinate before discharge.

ACTIVITY: Once you get home, you should be up and walking, doing all of your daily activities, including walking up stairs and sexual intercourse.

RESTRICTIONS: You must not lift, push or pull more than 10 lbs for 4-6 weeks after surgery to reduce the risk of recurrent hernia.

SHOWERING: You may shower 48 hours after surgery. Do not take a bath, go swimming or use a hot tub for at least a month after your operation.

PAIN CONTROL: Once you are discharged, you will have oral pain medications (Percocet or Vicodin) and a stool softener. Please be aware that these pain medications contain Tylenol. If you are taking these medications do not take Tylenol in addition as you may exceed the safe dose of acetaminophen. You will also have a prescription for valium or similar medication to reduce muscle spasms. For the first few days, take the muscle relaxant around the clock unless you are feeling too sleepy/sedated or have other undesirable side effects. You may also take motrin or other similar non-steroidal anti-inflammatory.

CONSTIPATION: If you become constipated, it is safe to take a dulcolax or glycerin suppository which can be purchased over the counter at the pharmacy. If this is not sufficient, you may use a Fleet’s enema. These measures are usually not necessary if you take the prescribed stool softener twice daily.

DIFFICULTY URINATING: A small number of male patients have difficulty urinating after this operation and require a urinary catheter at home for a week. If this is necessary, the catheter is typically removed in the office at your follow up visit.

SEROMA: Most patients develop a lump or some swelling in the area of the hernia. This is most commonly due to fluid collecting in the hernia sac, behind the mesh (seroma formation within the hernia sac). Most often this will disappear on its own with time. If not, your surgeon may aspirate this with a needle in the office.

FOLLOW UP: Please call the office to make an appointment to be seen 7-10 days after your surgery.
INPORTANT:

CALL YOUR SURGEON IMMEDIATELY OR COME IN TO BE SEEN AT OUR CLINIC, AMBULATORY CARE, OR THE EMERGENCY ROOM IF YOU HAVE ANY OF THESE SYMPTOMS:

FEVERS (>101 F, 39 C) OR CHILLS
NAUSEA AND/OR VOMITING
IF YOU ARE UNABLE TO EAT OR DRINK
IF YOU ARE UNABLE TO URINATE
DIARRHEA
CONSTIPATION FOR MORE THAN 3 DAYS
COUGH OR SHORTNESS OF BREATH
REDNESS OF THE WOUNDS
DRAINAGE FROM THE WOUNDS
INCREASING PAIN
INCREASING SWELLING OF THE GROIN OR ABDOMEN
IF YOU HAVE ANY OTHER CONCERNS

CALL US ANY TIME WITH QUESTIONS OR CONCERNS.
WEEKDAYS 8AM-5PM: 408-278-3650
WEEKENDS AND AFTER HOURS: 408-345-9700 – ASK TO HAVE DR. IKOSSI PAGED OR TO CONTACT HER BY CELLPHONE.