



LAKESIDE SURGICAL  
ASSOCIATES, PA

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*Hernia Instruction Sheet*

Discharge Instructions  
Out Patient Surgery

1. Leave the dressing in place for 24-48 hrs or as directed by your doctor. Leave little pieces of tape over the incision site if present. They will come off on their own in about 1 week. You may remove these in one week if they don't fall off.
2. You may shower 24-48 hrs and then pat the incisions dry. There is no need to replace the dressings. Do not submerge the incision in water for 1 week.
3. If there is any bleeding apply firm pressure for 5-10 minutes and then cover with a Band-Aid.
4. Walk frequently.
5. Limit your activities 2-3 days. NO driving for 2-3 days, while in pain or taking pain pills.
6. Activity as comfort permits. Increase activity as tolerated. You may lift, bend, go up stairs, and walk as much as you like.
7. You may return to work as discussed with your doctor.
8. Drink plenty of liquids.
9. If you have any problems, uncontrolled pain, nausea/ vomiting or bleeding/ swelling notify your doctor.
10. No ice or ointments to the incision.