JOHN WILLIAMS M.D.

Robotic Abdominal Hernia Repair

Surgery is a stress on your body. Even very active people will feel slower for about a week. It is normal to feel tired and even need a nap.

Incisions:
Your incisions are closed with stitches that dissolve and are covered with glue. *Do not* put any cream, ointment, or cleanser on them. The glue will flake off in about 1–2 weeks. If the edges start to separate where the glue is, you may gently remove the glue. You do *not* need antibiotics unless we tell you otherwise.

Showering and Bathing:
You may shower the night of surgery. Let soap and water run over the incisions — *do not scrub.* Pat the area dry with a clean towel. Do *not* soak underwater (no bathtubs, hot tubs, or swimming) for 7 days.

Diet:
Most people do not have a “normal appetite” for a few weeks after surgery. This is normal and will improve with time. Unless I tell you otherwise, you do *not* need a special diet.

Activity:
Light tasks like lifting a gallon of milk off a shelf are okay, but avoid heavy lifting (like cases of water). You can walk, use stairs, and do daily household tasks as you feel comfortable. Use common sense and don’t push too hard.

Driving:
Do *not* drive until you are off narcotic pain medicine and comfortable moving without significant pain.

Bowel Movements:
Constipation is common after surgery, especially if you took narcotics. This is not usually due to the operation itself. If you are constipated, you may use over-the-counter options from your pharmacy (fiber, stool softeners, laxatives).

Pain Control:
We will send pain medicine to your pharmacy on the day of surgery. Narcotics are most helpful in the first few days. After that, most patients find **Tylenol or Motrin** works well for discomfort.

Seroma (Fluid Collection):
Several days after surgery, you may feel a firm area where the hernia sac used to be. This is a collection of fluid and is normal. It will usually go away over time.

These are general guidelines and should be taken as such.

If you have any questions or concerns, please call the clinic at 979-977-3490.