JOHN WILLIAMS M.D.

Open Umbilical Hernia Repair Care Instructions

▢ Surgery is a stress on your body. Even very active people will be a little slow for a week or so. It is not unusual for patients to need a nap.

▢ Incision :You have 1 incision that is underneath your bellybutton. This is closed on multiple layers with stitches that will dissolve. Over that is glue. You do not need to place any cream, ointment, or cleanser on your incision. You do not need to go home on antibiotics. A little redness a few millimeters around your incision is normal. Redness that begins to spread away from your incision, becomes tender and swollen, should prompt a phone call to the office

▢ Bathing: You may shower the night of surgery. Just let soap and water run over the incisions. Do not scrub. Pat the area dry. Do not soak underwater for 7 days (swimming, bath tub, hot tub, etc).

▢ Diet: Most patients do not have “a normal appetite” for a week or so after surgery. This is normal and will get better with time. Unless I specifically tell you, there is no “special diet” to follow.

▢ Activity: In general, things like taking a gallon off the top shelf at the grocery store is ok, but not a 40 count package of water bottles. If you feel able, you may walk outside, take the stairs, and perform daily activities

around the house. It is impossible to list every activity. Use common sense. In general, keep lifting to under 25 pounds.

▢ Driving: You need to be off your narcotic pain medicine and be able to move around without pain or significant limitation.

▢ Bowel Movements: In general, most people are constipated for several days after surgery. If you find yourself in this situation, you are free to visit any pharmacy and browse the laxative aisle for something inspirational. It has to do with the narcotics you received and not necessarily the operation itself.

▢ Pain Control: I will send pain medicine to your pharmacy on the day of surgery. Narcotics are most effective for the first few days. After that, most patients find Tylenol or Motrin effective.

▢ Cottonball with dressing: Sometimes I will place cotton balls within the bellybutton in order to help with your cosmetic outcome. This will be covered with a clear dressing. Remove this dressing 3 to 5 days after surgery. If water gets under the dressing, remove it. There is no need to replace it.

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

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