JOHN WILLIAMS M.D.

Robotic Hernia Surgery 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.

▢ Incisions: All of your incisions are closed with stitches that dissolve. There is glue over the incisions. You DO NOT need to use any cream/ointment/or cleanser on them. The glue will fall off in 1-2 weeks. You may remove the glue if the edges are starting to separate. You DO NOT need antibiotics.

▢ 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 several weeks 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.

▢ 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.

▢ Seroma: Several days after surgery, some patients will feel a firm mass where the hernia sac used to be. This is a collection of fluid that is normal and will go away with time.

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

www.drbowtie.org