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MD: University of Illinois
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POST-OPERATIVE INSTRUCTIONS HERNIA REPAIR

Please note any unusual or excessive bleeding, pain, or swelling.

Use ice packs on the wound (and scrotum) four (4) times a day (15 minutes each) for two (2) days.

No shower for two (2) days.

May remove dressing in two (2) days, but leave steri-strips in place.

May resume activities as tolerated, with no lifting over 15-20 pounds.

No driving a car until pain free.

Resume a normal diet.

Take prescribed medication or Extra Strength Tylenol as directed, for pain.

Avoid alcohol while taking pain medications.

Call office or return to ER for nausea, vomiting, fever, or testicular swelling.

Please call office to schedule your follow-up appointment, to be scheduled for 7-10 days after surgery.

Male patients – wear athletic supporter for comfort.

MD / RN SIGNATURE

DATE

I HAVE RECEIVED AND UNDERSTAND THE INSTRUCTIONS:

PATIENT / GUARDIAN, IF MINOR SIGNATURE

DATE

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