



Oakland Office
365 Hawthorne Ave., #101
Oakland, CA
Ph#: 1-510-465-5523
Fax#: 1-510-832-6061

Bariatrics Office
3100 Summit St., #2600
Oakland, CA 94609
Ph#: 1-510-869-8972
Fax#: 1-510-869-6989

Hayward Office
27001 Calaroga Ave., #4
Hayward, CA 94544
Ph#: 1-510-732-5731
Fax#: 1-510-732-5739

Berkeley Office
2999 Regent St., #700
Berkeley, CA 94705
Ph#: 1-510-486-0818
Fax#: 1-510-486-0819

Alameda Office
2111 Whitehall Place, #B
Alameda, CA 94501
Ph#: 1-510-865-4951
Fax#: 1-510-523-0890

Chinatown Office
388 9th St., #218B
Oakland, CA 94607
Ph#: 1-510-839-0298
Fax#: 1-510-839-4389

LAPAROSCOPIC INCISIONAL HERNIA REPAIR DISCHARGE INSTRUCTIONS

Pain Relief: You can expect that your discomfort can be easily relieved with oral medication such as Vicodin, plain Tylenol, or Motrin. Your discomfort may be experienced as bloating or fullness in the abdomen, some incisional pain, or pain referred to your shoulders. If you have pain which is not relieved by medication, or which seems unusually severe to you, it is important for you to give us a call.

Diet: Most patients are comfortable starting out with clear liquids (ice chips, popsicles, tea, broth and Jell-O). By the next day, you'll be feeling like taking more substantial food (cereal, crackers, sandwich, etc.) If you have nausea which persists for long, give us a call.

Temperature Elevation: It would not be unusual for you to have a mild temperature elevation (up to 100 degrees) for a few days after surgery. Do not hesitate to call if you have a concern about a temperature elevation or if the fever is greater than 101 degrees .

Wound Care: You will have Band-Aids or possibly a small piece of gauze over each small incision site. A small amount of bloody drainage on the dressings would not be unusual. You should keep the dressings in place and not get them wet for 24 hours after our surgery. After 24 hours, you may remove them and may shower. Beneath the dressings, you will probably also have Steri-Strips (they look like white reinforcement tape). The Steri-Strips provide extra support for the incision site and should be left on until they start coming off on their own or until your doctor removes them on your post operative office visit.

Bowel/Bladder; In most cases, you will be able to pass urine and return to your usual bowel function with little or no difficulty. Prescription pain medication tends to contribute to constipation. In general, increased fluid intake and eating foods high in roughage (such as bran, salads, vegetables and fruits) will be adequate to prevent constipation. If you feel it would be helpful, you may use a gentle laxative such as Milk of Magnesia or a product such as Metamucil.

Activity: You may resume non-strenuous activity as soon as you want. You should be able to return to most occupations in about a week to 10 days. The doctor will advise you about resumption of activities at your post-operative visit. Strenuous activity (such as aerobics, jogging, heavy housework or gardening) can usually be resumed in about two weeks to one month.

Follow up: You will need to see your surgeon again in 7-10 days. Prior to discharge, if an appointment has not already been made, you need to call the office as soon as possible and make one.