



Advanced Preperitoneal Inguinal Hernia Repair Post-op Instructions

Post-op To Do List:

- ☐ Remove outer dressing in 48 hours
- ☐ Take Acetaminophen and Ibuprofen (if allowed) tablets every 6 hours together for 2-5 days
- ☐ Do not do anything strenuous for 2 weeks after surgery
- ☐ Remove steri strips after 2 weeks if they haven't fallen off on their own

Pain

Soreness, pain in the lower abdomen and groin after surgery is normal. Pain will be worse with movement, changing positions from laying to seated to standing. Male patients may notice new pain in the testicle after surgery. This is normal and will go away over time.

Most of our patients take only tylenol and ibuprofen for pain management after surgery. We recommend taking the following every 6 hours for the first few days after surgery as needed:

- 650mg to 1g of acetaminophen (Tylenol)
- 400mg to 600mg of ibuprofen (Advil or Motrin)

If you are experiencing significant pain that is preventing you from going on a walk or falling asleep, please call the office for a prescription for oxycodone. This medication will cause constipation, so we recommend the following:

- Fiber supplement (Citrucel or Benefiber)
- Stool softener (Colace, Senakot)

Hernia Repair Post Op Instructions

Yuri W. Novitsky



Hernia Repair Post Op Instructions:

Hernia Repair Post Op Instructions Book Review: Unveiling the Power of Words

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Table of Contents Hernia Repair Post Op Instructions

1. Understanding the eBook Hernia Repair Post Op Instructions
 - The Rise of Digital Reading Hernia Repair Post Op Instructions
 - Advantages of eBooks Over Traditional Books
2. Identifying Hernia Repair Post Op Instructions
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an eBook Platform
 - User-Friendly Interface
4. Exploring eBook Recommendations from Hernia Repair Post Op Instructions
 - Personalized Recommendations
 - eBook Platform User Reviews and Ratings

- Hernia Repair Post Op Instructions and Bestseller Lists
- 5. Accessing Hernia Repair Post Op Instructions Free and Paid eBooks
 - Hernia Repair Post Op Instructions Public Domain eBooks
 - Hernia Repair Post Op Instructions eBook Subscription Services
 - Hernia Repair Post Op Instructions Budget-Friendly Options
- 6. Navigating Hernia Repair Post Op Instructions eBook Formats
 - ePub, PDF, MOBI, and More
 - Hernia Repair Post Op Instructions Compatibility with Devices
 - Hernia Repair Post Op Instructions Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Hernia Repair Post Op Instructions
 - Highlighting and Note-Taking Hernia Repair Post Op Instructions
 - Interactive Elements Hernia Repair Post Op Instructions
- 8. Staying Engaged with Hernia Repair Post Op Instructions
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Hernia Repair Post Op Instructions
- 9. Balancing eBooks and Physical Books Hernia Repair Post Op Instructions
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Hernia Repair Post Op Instructions
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Hernia Repair Post Op Instructions
 - Setting Reading Goals Hernia Repair Post Op Instructions
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Hernia Repair Post Op Instructions
 - Fact-Checking eBook Content of Hernia Repair Post Op Instructions
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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