



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)

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