

PREPARATIONS FOR YOUR HERNIA REPAIR SURGERY

TWO WEEKS BEFORE YOUR SURGERY

Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed medication information list and let us know if you are taking any of them. If you are diabetic or taking a blood thinner medication, you will be given special instructions regarding how to manage your medications. **Products containing aspirin should not be taken 2 weeks before or after your surgery (see medication advice information sheet).** If you have been prescribed a blood thinning medication or aspirin, please consult your prescribing physician before stopping them for surgery. **DO NOT STOP ASPIRIN IF YOU HAVE A STENT IN PLACE.** Tylenol is an acceptable medicine to take for any aches or pains prior to your surgery.

If you develop a cold, facial sore or any illnesses prior to surgery, please notify us.

Please inform my (Dr. Janis) office of any homeopathic remedies you are taking prior to your surgery.

Have your labs drawn at an OSU lab. The order has been placed in the computer.

Smoking will affect how you heal. It is very important to discontinue smoking for at least 4 weeks before surgery and 4 weeks after surgery (this includes use of smokeless tobacco products, and nicotine patches or gum). We will test your urine for nicotine.

THE EVENING BEFORE YOUR SURGERY

- Get a good night's rest.
- Make some jello and/or soup for after your surgery.
- You will be provided with anti-bacterial surgical wash to use the night before surgery. Armpits, groin, and surgical area need to be washed, rinsed thoroughly, and dried.
- **Do not eat or drink anything after midnight the night before surgery.**

MORNING OF SURGERY

- Use the anti-bacterial surgical wash provided to you the morning of your surgery. Armpits, groin, and surgical area need to be washed, rinsed thoroughly, and dried.
- Do not wear contact lenses, hairpieces or hairpins. No nail polish, lotion or creams. Do not bring personal valuables such as jewelry. Wear loose

comfortable clothing, preferably a button or zip up top and loose pants, and comfortable shoes.

- You will be in the hospital for a few days stay following your surgery. Please be sure someone can drive you home and stay with you for 24 hours. You will not be allowed to drive yourself home.
- You will be on a clear liquid diet initially. You will then transition to a high protein low salt diet. Drink at least 4-8 ounces of fluid an hour while awake. Water, Gatorade, tea, and low sugar juices are recommended.
- Walk frequently. We do want you to get up and move. Walking is encouraged, at least 5 x's a day. Bathroom, kitchen, etc. You may begin exercising in 6 weeks & after cleared by the doctor Take deep breaths with your breathing machine 5 times an hour. (4-5 every commercial break on TV or 10 x's an hour.)
- No lifting anything heavier than a gallon of milk for 6 weeks, No strenuous activity, nothing that will get your heart rate & blood pressure elevated. Don't do anything that makes you sweat.
- Don't do anything that makes you hurt. If something hurts, STOP! No driving while you have drains in or on narcotic pain medications.
- Leave compression garment/ binder on and keep it clean and dry. It should be snug, not painful and should lay flat without any creases. In 48 hrs. you may remove the garment and shower.
- Wear garment continuously for 6 weeks, except when showering.
- Expect bruising & swelling to be present. The swelling gets worse for 4-5 days, then it begins to resolve. You may have swelling for up to 6 weeks.
- Bruising "blossoms" for about 3 days.
- You may want to sleep in a recliner or with pillows under your knees.
- You will have drains. Please refer to the drain handout instructions. You will need to strip them several times a day, empty drain bulbs at least twice a day and record them on the sheet provided. You will need to bring them to your post-op appointment. Your doctor will remove them in the office.
- No swimming or hot tubs until cleared by the doctor.
- Take your medications as prescribed. Use narcotic pain medication if needed. Pain pills can be nauseating; take them with some crackers or toast. Once prescription medications (ie. Celebrex, Gabapentin and/or Oxycodone) are complete, you can start taking over the counter pain medications (Ibuprofen/Advil, Acetaminophen/Tylenol or Aleve). NO ASPIRIN.
- Take a stool softener or laxative as needed to prevent constipation.
- You cannot drive or operate machinery while taking pain medication or have drains in. You must be able to operate the car safely.

If you have severe nausea & vomit, have a temp 101 or higher, increased swelling, redness, increased drainage, drainage with an odor, opening of the incision or overall not feeling well notify Dr. Janis by calling the office 614-293-8566. If it is after office hours the Physician On-Call will be notified. If you feel it is an emergency go to the nearest ER or call 911.