



**UMBILICAL/INCISIONAL HERNIA  
DISCHARGE INSTRUCTIONS**

**PLEASE REVIEW THESE INSTRUCTIONS THOROUGHLY BEFORE SURGERY**

**PREPARING FOR SURGERY**

You will receive a call from the Preadmit/Same Day Surgery Nurse to review your health status, discuss any medications you are currently taking, and receive instructions about your surgery. These instructions are critical to your well-being. Please follow these guidelines completely or your surgery may have to be delayed or canceled.

Preadmit/Same Day Surgery Nurse: \_\_\_\_\_

Phone Number of Preadmit/Same Day Surgery Nurse for Questions: \_\_\_\_\_

Surgery Date/Time: \_\_\_\_\_

Arrival Time for Surgery:\* \_\_\_\_\_

*\*Arrive for surgery at our Maine Street entrance. Check in at the Registration desk.*

Medications **to take** the morning of Surgery: \_\_\_\_\_

Medication **to stop** prior to or the morning of Surgery: \_\_\_\_\_

Notes for Surgery: \_\_\_\_\_

**SPECIAL INTRUCTIONS FOR YOUR SURGERY**

Stop taking Aspirin **unless** otherwise directed.

Your Surgeon has scheduled a Pre-Surgery (Pre-Op) Appointment on \_\_\_\_\_.

Please arrive at Admissions, Arkansas Street entrance, to register. Volunteers can provide directions and/or assistance as needed to guide you to the appropriate departments for your tests.

Other special instructions:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Please understand that your surgery time may change due to emergency circumstances.** A Preadmit/Same Day Surgery Nurse will call you 24 hours before your scheduled surgery date to verify both your arrival and surgery time.

Make arrangements for someone to remain present during surgery and to drive you home after your procedure. It is best to have a caregiver/family member remain with you for the first twenty-four hours after your surgery.



## **DAY OF SURGERY**

### Before you leave home

Do not eat any food, drink any beverage (including ice, etc.), chew gum or use cough drops/throat lozenges, etc. after 12:00 a.m./Midnight the day of surgery, unless directed. You may brush your teeth or rinse your mouth with a small amount of water; however, do not swallow.

Remove any make-up or nail polish. If you wear contact lenses, remove them and use your eyeglasses. Wear loose, comfortable clothing and shoes.

All jewelry should be removed. It is best to leave all valuables and jewelry at home or with your caregiver/family member.

Bring your photo identification and health insurance card(s).

### Arriving at LMH

Check in at the Registration desk just inside the Maine Street entrance at LMH. The registration and nursing staff will prepare you for your procedure. You will have the opportunity to speak with anesthesia and your surgeon before surgery, and we will keep your caregiver/driver up-to-date on your health while you are in surgery.

## **AFTER SURGERY**

Depending on your procedure, you will be released to home from the Recovery Unit, or be transferred to the Post-Surgical Care Floor (Third Floor, West). Once you are home, a nurse will contact you for a health update and to review your discharge instructions. This information is also available through My Patient Portal. You can access this site through our main web page at [www.lmh.org/my-patient-portal/](http://www.lmh.org/my-patient-portal/).

If you require FMLA paperwork, this may be returned to you via portal too. Please allow a week for completion.

Call the Lawrence General Surgery office at (785) 505-2200 at your first opportunity to schedule a follow-up appointment for 7-14 days after your surgery.

Follow-Up Surgery Appointment  
with Lawrence General Surgery: \_\_\_\_\_

Call at any time if you have questions or notice any signs of infection, experience a fever over 101 degrees, wound redness, increasing pain or swelling, or an odorous, thick discharge. In case of emergency, please call 911 or go to the nearest emergency department.



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## **OPERATIVE SITE**

There may be swelling of the operative area(s). Bruising can be extensive and extend to the genital area, thigh or abdomen. Apply an ice pack to the operative area(s) intermittently when you get home for the next 1-2 days. The ice pack should not be applied directly to the skin (place a cloth between the ice pack and the area). The ice pack should not be left in place more than 15-30 minutes at a time.

There will be areas of skin numbness, and a firm ridge will appear beneath the scar. As healing progresses, these changes will resolve.

### Skin Adhesive Dressing

No bandage is needed unless the incision starts to drain or ooze. Do not use ointment on the skin adhesive. You may shower the same day as your surgery, but do not soak the incision area(s) for 1-2 weeks.

### Steristrip™ Dressing

DO NOT remove the Steristrip™ tape(s) from the incision. Keep the area dry for 24 hours. You may shower after this time, but do not soak the incision area(s) for 1-2 weeks. Please keep the dressing in place for 24-48 hours. If you experience draining or the tape causes a skin irritation, please contact the office.

Use additional dressing (gauze, Band-Aid®, etc) as needed to cover any drainage from the incision.

## **PAIN CONTROL**

After the local anesthetic wears off, pain medication may be needed. Begin taking pain medication as soon as discomfort begins and as directed thereafter. Pain medications may have side effects like nausea, vomiting and constipation. Please call the office if you have questions about your pain control.

### Mild Pain

Acetaminophen (Tylenol®) ibuprofen (Advil® or Motrin®) or naproxen (Aleve®) are acceptable medications to take for mild pain.

### Severe Pain

Take the prescription medication provided by your doctor in addition to a form of ibuprofen (Advil® or Motrin®).

DO NOT drive or drink alcohol while taking prescription pain medication.

DO NOT take ibuprofen (Advil® or Motrin®) or naproxen (Aleve®), if it bothers your stomach, you have kidney disease or you are taking Toradol (ketorolac).

DO NOT take acetaminophen (Tylenol®) while using other medications which also contain acetaminophen, such as Lortab or Percocet.

## **BOWEL and BLADDER FUNCTION**

If you are unable to urinate within 6-8 hours of arriving at home, call your doctor. A stool softener (Colace® or equivalent) is often recommended for a few weeks after surgery. Laxatives (Milk of Magnesia or Miralax®) are permissible and often needed if you are taking prescription pain medication.



## **ACTIVITY**

Light activities such as walking, desk work, climbing stairs, or driving can be resumed as tolerated.

More strenuous activities, such as lifting more than 25 pounds, athletic games, sexual intercourse, and other physical labor, are typically permissible after your post operative visit unless instructed otherwise by your doctor.

**DO NOT** drive if prescription pain medication is being used.

## **PATIENT PORTAL**

These discharge instructions, plus other valuable information – visit summary, certain test results, FMLA or Return to Work forms, etc. – are available through My Patient Portal. You can access this site through our main web page at [www.lmh.org/my-patient-portal/](http://www.lmh.org/my-patient-portal/). You can also request appointments and ask your doctor questions through this secure, anytime access to personal health information.