



Wisconsin Colon & Rectal Clinic

A DIVISION OF NEW SURGICAL ASSOCIATES, S.C.

Home Care Instructions

- Umbilical hernia
- Incisional hernia
- Inguinal hernia

Diet

- Drink 64 oz of liquids daily.
- You may resume a normal diet of smaller portioned meals as tolerated.
- Drink warm liquids to help stimulate bowel movements and alleviate abdominal pain.

Bowel Movements

- Monitor bowel movements.
- If no bowel movement in 24 hours, take Milk of Magnesia (2 tablespoons) followed by 16 oz of liquids. Continue to drink liquids until results. You may repeat the Milk of Magnesia if no results after 6 hours.
- **Do not take Milk of Magnesia if history of kidney disease/failure.**

Wound Care

- After 48 hours you may remove dressing, and shower. Gently cleanse incision, do not scrub.
- Do not use any type of steroid or antibiotic ointment/ cream to incision.
- Perform drain care as instructed, and keep a record of the amount of drainage daily. Please bring this information to your follow up appointment.

Activity/ Work

- Depending on the type of work that you do and your general health, you may return to work 2 to 4 weeks after surgery. Any concerns, discuss them with your doctor or staff.
- No lifting greater than 20 pounds for the first 6 weeks after surgery.
- No driving for the first 3 weeks after surgery, and when you are no longer taking narcotic pain medications.
- It is important to remain active after surgery. Do not cross your legs or sit for long periods of time.
- Take short walks, 6-8 minutes a day and frequent naps/rest.
- It is usually ok to resume sexual activity after 6 weeks

Medications

- It is ok to use over the counter Tylenol or Advil for pain control.
- If using narcotics such as Vicodin, then it is important to take a stool softener.
- If you have a history of hard stools, straining, or constipation you may use Miralax or a stool softener twice daily.

(over)

Follow Up

- Generally you will have your staples removed at the office 10-14 days after surgery.
- If you have sutures, they will be removed 2-3 weeks after surgery. Your drain **may** also be removed at this time.
- Your next follow up appointment will be 6 weeks after surgery.

Reasons to call your doctor

- Any concerns regarding bowel movements.
- Increasing pain, redness drainage, or swelling of the incision.
- Increasing abdominal pain, nausea, or vomiting.
- Any difficulty urinating.
- Fever greater than 101 degrees Fahrenheit.
- Physicians are available 24 hours a day, seven days a week for any concerns.

Please call our office with any questions: (920) 494-9685