



## **Postoperative Instructions for INGUINAL/UMBILICAL HERNIA**

See your doctor 10-14 days for a postoperative check  
Please call our office at 602-995-0822 to schedule the appointment

- Remove bandages and leave off in 36 hours. Do not get incisions wet during this period.
- You may begin showering in 36 hours
- Do not submerge the incision under water, such as in a bath or pool, for 2 weeks
- Do not lift anything over 15 pounds for 6 weeks
- Ambulate frequently and stay active
- Urinate within 6-8 hours of surgery; if unable, notify office
- Take Percocet prescription or other narcotic as directed in the prescription
- Take over-the-counter ibuprofen 400mg by mouth every 8hrs scheduled for three days
- Do not drive or drink alcohol while taking a narcotic pain medication

Based on the FDA narcotic reclassification, we can no longer call in ANY narcotic pain medications. Plan accordingly; to obtain a refill you must call the office during business hours on weekdays and allow 24hrs for the paper prescription to be filled out. The after-hours and on-call surgeon cannot provide you with a narcotic prescription.