Guidelines following laparoscopic hernia repair

Information for you
This leaflet tells you what to expect after your laparoscopic hernia repair.

You should:

• Take painkillers as prescribed if you feel any discomfort
• Remove any dressings you have over your wound after five days
• Have a shower or bath one day after your operation
• Avoid using any products that are highly perfumed

You may experience the following after your operation:

• A sore throat for a few days
• Feeling tired for 24 to 48 hours
• Bruising and swelling
• A swollen abdomen for a few days
• Shoulder and/or back pain – this should gradually settle.
• For men – the scrotum may be bruised and swollen. This should settle. Wearing an athletic support and using an ice pack will help.

• No bowel movement. It may take a few days to have a bowel movement. This is normal following surgery and having painkillers. Prune juice or another stool softener will help this.

• Nausea and vomiting for the first two days after your operation

• A lump at the site of your surgery. This is not unusual and it will eventually go back to normal. However, if there is an increase in the size of the lump, please telephone 01563 827254 for advice.

**Symptoms to look out for after your operation:**

• Increase in pain after taking painkillers

• Increase in temperature (above 38.5 degrees celcius)

• Feeling flushed

• Increased nausea and vomiting

• Increase in shoulder tip pain
• Increasing abdominal pain and swelling
• Swelling and/or redness or discharge from any of the wound sites
• Difficulty passing urine
• Difficulty with bowel movement

If you have any of these symptoms please contact your family doctor (GP), NHS 24 (telephone 0845 4 24 24 24) or your nearest Accident and Emergency (A&E) department.
Advice following your operation:

• Avoid heavy lifting for four weeks. After that time, gradually ease your way back into any activity that involves heavy lifting.

• Your surgeon recommends that you do not drive after your operation until pain has completely gone away. This may take up to two weeks.

• After two weeks you should contact your insurance company for advice.

• Avoid driving until you are safely able to do an emergency stop.

• If you start bleeding, apply pressure to the wound for 15 minutes with a clean cloth. If bleeding continues contact your family doctor (GP), NHS 24 (telephone 0845 4 24 24 24) or your nearest Accident and Emergency (A&E) department.

If you require any further information please telephone 01563 827254.
All of our publications are available in different languages, larger print, braille (English only), audio tape or another format of your choice.

Wszystkie nasze publikacje są dostępne w różnych językach, dużym drukiem, brajlem (tylko w wersji angielskiej), na taśmie dźwiękowej lub w innym formacie Twojego wyboru.

我們所有的印刷品均有不同語言版本、大字體版本、盲文（僅有英文）、錄音帶版本或你想要的另外形式供選擇。

Tha gach sgriobhainn againn rim faotainn ann an diofar chànanan, clò nas motha, Braille (Beurla a-mhàin), teip claiostinn no rìochd eile a tha sibh airson a thaghadh.

हमारे सब प्रकाशन अनेक भाषाओं, बड़े अक्षरों की छपाई, ब्रेल (केवल अंग्रेजी), सुनने वाली कैसेट या आपकी पसंदनुसार किसी अन्य फॉर्मेट (आस्प) में भी उपलब्ध हैं।

我们所有的印刷品均有不同语言版本、大字体版本、盲文（仅有英文）、录音带版本或你想要的另外形式供选择。

Tell us what you think...
If you would like to comment on any issues raised by this document, please complete this form and return it to: Communications Department, 28 Lister Street, Crosshouse Hospital, Crosshouse KA2 0BB. You can also email us at: comms@aaahs.scot.nhs.uk or comms@aapct.scot.nhs.uk. If you provide your contact details, we will acknowledge your comments and pass them to the appropriate departments for a response.

Name

Address

Comment

Last reviewed: May 2011
Leaflet reference: DSU11-001-GD