

# Instructions for patients following Abdominal Hernia Repair

## Wound Care

If your wound has been closed with stitches under the skin they will slowly dissolve. No stitches need to be removed. If your wound has been closed with stitches that need removing they should be removed on: .....  
..... by the Practice Nurse at your GP surgery. Please make arrangements.

After the operation most patients will experience a lot of bruising and some swelling. Men are advised to wear tight fitting underwear for the support.

## Bathing

Keep the wound dry and covered for three days then, after the dressing has been removed, you can have quick baths or showers for the first week (do not soak the wound). After that return to normal.

## Bowels

Following this type of operation, it is not unusual for your bowels to become irregular or constipated. This will improve as you become more active but you may wish to take a mild laxative if you are feeling uncomfortable. Your local pharmacist will advise you which laxative to take.

## Pain Relief

You will be given some tablets to relieve pain after you get home. It is advisable to take these tablets regularly for the first few days as a small amount of discomfort is easier to manage.

If you require more pain killers your GP will prescribe them for you.



## Work, driving and other activities

You can return to a non-strenuous job in about 10 to 14 days. Strenuous and athletic activity should be avoided for about four to six weeks.

You can drive a car 10 to 14 days after your operation but you must be able to cope with an emergency stop as well as the normal movements associated with driving. Your first journey after the operation should be a short one, close to home.

## Contact Details

The following contact numbers are for advice only.

### Montagu Hospital

Rockingham Surgery Day Unit, Monday to Friday 8am to 6pm.

Telephone: 01709 321107. Out of hours (for the first night only)

### Doncaster Royal Infirmary

Ward 21, Telephone: 01302 553150

### Bassetlaw Hospital

Bassetlaw Day Surgery Unit, Monday to Friday 8am to 6pm.

Telephone: 01909 502560. Out of hours (for the first night only).

Ward B6. Telephone: 01909 500990 ext 2254

### Doncaster Royal Infirmary

Ward 22 (Males) Telephone: 01302 553149

Ward 21 (Females) Telephone: 01302 553945

## Patient Advice & Liaison Service (PALS)

PALS staff are available to offer advice or information on healthcare matters. The office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

PALS staff can also visit inpatients on all Trust sites.

### The contact details are:

**Telephone: 01302 553140 or 0800 028 8059**

**Email: [pals.dbh@dbh.nhs.uk](mailto:pals.dbh@dbh.nhs.uk)**

