

Medtronic

# Recovering from hernia surgery



## What to do after hernia repair surgery

These are general guidelines for what someone should do when recovering from any surgery. Please make sure you speak to your doctor regarding your specific recovery plan following a hernia repair. Following a doctor's instructions may help prevent infection and enhance healing.

<b>Bathing</b>	Depending on the type of hernia repair, patients may be able to shower a day or two following surgery. A doctor will advise if any incisions need to be kept dry, and for how long.
<b>Walking</b>	Walking increases circulation, which speeds healing but doesn't strain the abdomen. A doctor will advise patients on when it is safe to resume physical activity.
<b>Eating</b>	A diet high in fiber, fresh fruits, and vegetables – along with drinking lots of fluids – will help patients avoid constipation (which can be caused by pain medication and inactivity) and the strain that goes with it. Ask your doctor about using a stool softener or laxative.
<b>Driving</b>	The effects of anesthesia can stay with patients for up to one week, and this impairs the ability to drive safely. It is also not recommended for a person to drive while taking prescription medication, and depending on the type of hernia repair, driving may strain the incision(s). Be sure to check with a doctor regarding when it will be safe to drive again.
<b>Lifting</b>	Avoid lifting for the first few days after surgery, then lift only very light objects that are easy to manage. Speak to a doctor about what you can lift safely during your recovery. It is best to use your knees and back when lifting, not the abdominal muscles.
<b>Working</b>	Some people return to work within a week of having hernia repair surgery. However, this will depend on the type of hernia surgery and the type of work. After surgery, patients will tire more easily and may want to consider working partial days at first. If their work involves a lot of physical activity, patients might not be ready to return to work for a few weeks. Talk with your doctor about how and when to resume working.
<b>Sports</b>	After a hernia repair, patients are unlikely to be able to play sports or engage in strenuous exercise for a few weeks. The return to normal activity will depend largely on the type of surgery performed and the type of activity. Make sure you ask your doctor about resuming exercise routines or playing sports.
<b>Sex</b>	Ask your doctor when it is appropriate for you to resume sexual activity. Your physical comfort will be a good guide.

## Questions? Contact your doctor.

This material is intended to be educational and is not a diagnostic tool. It is not intended to replace the information provided to you by your healthcare provider and does not constitute medical advice. The information may not be directly applicable to your individual clinical circumstances. Please refer to the manufacturers' prescribing information and/or instructions for use for the indications, contraindications, warnings, and precautions associated with the medications and devices referenced in these materials.

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