

Date: [Date]

Patient Name: [Patient Name]

Date of Birth: [DOB]

Procedure: [Type of Hernia Repair - e.g., Inguinal/Umbilical]

Post-Operative Discharge Instructions

Wound Care:

- Keep the dressing clean and dry for the first [Number] hours.
- You may shower after [Number] days, but do not soak in a bath or pool for [Number] weeks.
- If you have adhesive strips (Steri-Strips), let them fall off on their own.

Activity Restrictions:

- No heavy lifting (nothing over 10 lbs / 5 kg) for [Number] weeks.
- Avoid strenuous exercise or sports until cleared by your surgeon.
- You may walk as much as comfortable to prevent blood clots.
- Do not drive until you are no longer taking narcotic pain medication.

Medications and Diet:

- Take pain medication as prescribed. Do not wait for pain to become severe.
- Eat high-fiber foods and drink plenty of water to avoid constipation.
- Use a stool softener if recommended, as straining can affect the repair.

When to Call the Doctor:

- Fever over 101F (38.3C).
- Excessive redness, swelling, or drainage at the incision site.
- Inability to urinate.
- Severe pain that is not relieved by medication.
- Shortness of breath or chest pain (Call emergency services).

Follow-Up Appointment:

Your follow-up visit is scheduled for: [Date and Time] at [Location].

Physician Signature: _____

Contact Number: [Phone Number]