

## PATIENT INFORMATION

# Laparoscopic Hernia Repair

## Discharge Advice

**1** .Most patients experience some pain or discomfort around the wounds and the site of the hernia which is relieved by taking painkiller.

You will be given painkillers to take home, it is important that you take these regularly e.g. take them with your breakfast, lunch, and dinner and before you go to bed.

Please follow the instructions on the boxes and do not exceed the recommended dose. If your pain is severe (score 10) and you have taken your painkillers and the pain lasts for more than 2 hours at severe level please return to A&E so that we can examine you.

**An easy way of understanding your pain score is on a scoring system called a pain ruler of 0 1 2 3 4 5 6 7 8 9 10. When you leave hospital it should be about 3-4, some patients have discomfort only.**

**0 = no pain ----- 10 is severe pain.**

**2.** It is usual to feel tired following your operation, do not worry. This will gradually decrease. Build up gradually to your normal routine. Avoid heavy lifting for 4 weeks

**Remember everyone is different!**

Returning to work will depend on your job. If your work does not involve heavy lifting, standing or walking for long periods then you may feel up to going back after 2 weeks. If your work is heavy then it is likely you will need to take 4 weeks off.

**3.** Your wounds have been closed with dissolvable stitches; they will be absorbed between 3 and 6 weeks. Glue, has also been used to close the wounds, this will form a scab over the wound. Do not scratch the scab off; it will fall off on its own. Occasionally you may have marked bruising around your wounds. Do not worry they will disappear after a couple of weeks.

Please make an appointment with your practice nurse at your doctor's surgery if you are at all worried about your wounds.

You can take a shower after 24 hours.

**4.** Do not drive until you are able to move freely without any discomfort and are safe to perform an emergency stop. Please inform your insurance company about your operation before you return to driving to avoid invalidating your insurance.

**5.** You may suffer from constipation; this is common if you are on strong painkillers. Please take a laxative e.g. Lactulose, Fybogel, or Sennakot which can be purchased from your local pharmacist.

**6.** Sexual activities can be resumed as soon as you feel comfortable.

**7.** Please continue to take your normal medication unless otherwise advised from a health professional.

If you are at all concerned, contact **Maxine Chaplen/Jan Spacagna/Louise McGovern Laparoscopic Nurse Practitioners between the hours of 08.00-17.30 Monday to Friday. Tel 01803 654792** or bleep her through the hospital switchboard (01803 614567), ask for bleep 414.

If it is out of hours and an emergency please return to the hospital. Or ask the switchboard to bleep 110 and you will be able to speak to a professional nurse for advice.

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.