

This brochure will provide information for your recovery at home. Please keep this in a safe place to refer to over the next few days.

Going Home

This operation is usually done as day surgery. You will be able to go home once you have recovered from your anaesthetic.

Anaesthesia can affect your co-ordination and reasoning skills. Please do not drive a car, ride a motorbike or bicycle, operate machinery or sign legal documents for at least 18 hours after your surgery.

You should not drive for at least 7 days. Please sit in a stationary car and try pressing the brake pedal. You must be able to make an emergency stop without any discomfort.

Please contact your GP (Doctor) if:

- You have increased pain
- You have a fever (temperature)
- Your wound is bleeding and will not stop
- Your wound is red or warm to the touch
- You have a thick and/or smelly ooze from your wound
- You have difficulty going to the toilet
- You have nausea (feeling sick) or vomiting
- You notice one or both of your calf/s has become sore to the touch, is red or there is an increase in size of your calf/s.

In an emergency dial 111 for ambulance assistance.

Pain relief

You may have a sore throat from the breathing tube used in surgery. Sucking on ice or ice-blocks may help.

Unless told otherwise by your doctor, take Paracetamol (Panadol) every four to six hours for the first day after surgery. Do not take more than 8 tablets in a 24 hour period. Please tell your doctor if you have an allergy to Paracetamol.

You last had: _____

Do not take: _____

You may find it comforting to support your lower abdomen with a small pillow when coughing or sneezing.

Discomfort and tiredness are common side effects during the first few days after surgery. Please see your GP if these side effects last longer than 7 days.

Wound Care

Your wound has dissolvable stitches. The time it takes for dissolvable stitches to disappear can vary. Most types should start to dissolve or fall out within a week or two, although it may be a few weeks before they disappear completely.

As your wound heals it may feel itchy, tingly and slightly lumpy. Try not to scratch or put anything on your wound during this time.

Your wound will be covered with waterproof bandage and this should be left on until they start to fall off on their own (about 4 days).

You can shower as normal, pat the bandage dry without rubbing after. You should not swim or sit

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in a spa pool until your wound is completely healed. Do not put creams, powders or perfume near your wound while it is still healing as these can irritate the skin.

Diet and Fluids

You can eat your normal diet after surgery. Constipation (not being able to poo) can be a problem for some people after an anaesthetic. Include plenty of fresh fruit, vegetables and water in your diet to keep your bowel habits regular.

Activity and Exercise

You will need to take it easy and rest for 1 to 2 days after surgery. It is important for your recovery to have some gentle exercise each day. Walking is the best exercise. Avoid all heavy lifting (more than 7 kilograms), pushing, strenuous exercise or playing contact sports for 6-8 weeks to help your wound to heal.

Sexual activity can be resumed after about 14 days. If you are uncomfortable wait until your pain has settled.

Follow-up

Follow-up is not normally required after groin hernia surgery.

Your follow-up appointment will be posted to you and is expected to be in;

_____ days / weeks / months

If you cannot keep your appointment please phone 0800 999 442 as soon as possible to rearrange it for another time.

Follow-up with GP

No follow-up required

Date: _____

Nurse: _____

Contact us

If you have any concerns or questions following discharge from hospital, please contact your own family doctor (GP) or one of the Afterhours medical centres.

In an emergency dial 111 for ambulance assistance.

Afterhours medical centres;

- **Kenepuru Hospital accident and medical.** Open 24 hours a day. Phone 04 918 2300
- **Paraparaumu team medical Coastlands Shopping centre.** Open 8am – 10pm daily. Phone 04 298 2228
- **Waikanae medical centre.** Open Monday – Thursday 7pm – 8am and Friday 5pm – 8pm or anytime weekends and public holidays. Phone 04 293 6002
- **Accident and urgent medical centre Wellington.** Open 8am – 11pm daily. Phone 04 384 4944

If you are unsure if you need to visit your GP or Afterhours medical centre you may wish to call **Health Line** for free advice. Open 24 hours a day. Phone 0800 611 116.