

Umbilical Hernia

POST OPERATIVE INSTRUCTIONS

Discomfort:

Some pain or discomfort after your surgery is usual.
For pain relief: take Panadol, Panadeine, Panadeine Forte, or Endone as prescribed.
Non-steroidal anti-inflammatories (eg Brufen) can also be taken if the discomfort is still troublesome. This will work together with Panadol type drugs.

Dressings:

You can shower within 12 hours after your surgery.
The dressings are waterproof and will resist water from a shower.
You should not take a bath or swim until the wounds are dry.
Keep the waterproof dressings in place for 1 week.
Under the dressing is some special 'wool' that pushes the belly button back into place.
Peel the dressings off just before a shower at 1 week after surgery.
There will be a little blood stained fluid and the 'wool' under the dressings, just rinse it off in the shower and dab dry with a clean towel.

Wounds:

The wounds are closed with buried, dissolving sutures and 'steri-strips'.
You do not need to have stitches removed.
The paper steri-strips can be peeled off with the dressings or when they start to lift on their own.
Wound infection is an uncommon complication of surgery, but might require treatment:
**Contact Dr Crawford or your GP if you are worried or:
There is increasing pain, redness, smell or discharge from the wound**

Activity:

It is recommended that you have 7-14 days off work and no heavy lifting (more than a chair) for 6 weeks
You should avoid rigorous, competitive sport for 4-6 weeks
You can drive as soon as you can safely control the vehicle (usually a few days after surgery)

Medications:

Take routine medications from the day after surgery

Follow Up:

If you have not already booked a follow up appointment, please phone the rooms and book an appointment for 3-4 weeks' time

Contact Numbers

Dr Crawford (Newtown and Mater Rooms)	02 9565 4854
Royal Prince Alfred Hospital	02 9515 6111
The Mater Hospital	02 9900 7300