

LLOYD D LANDSMAN MD

plastic & cosmetic surgery ≡≡≡

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Post Operative Instructions

Procedure: Ventral Hernia Repair

1. You **must** spend the first evening following your surgery with an adult.
2. Post operative pain should be moderate. Take the prescribed pain medication as directed. Be sure to take the phenergan with the pain medication in order to minimize post operative nausea.
3. If you should have a fever of greater than 101.6, please contact the doctor immediately.
4. You should expect to have some blood stained drainage from the abdominal incision site for the first 24 to 48 hours following your surgery. Most of this drainage will be absorbed by the dressings in place.
5. Please keep the surgical dressing clean and dry. It will be changed at your first post operative visit.
6. You may sponge bathe until your first post operative visit. After your initial dressing is removed, you may shower and gently cleanse the incision with soap and water. A dry dressing can be applied if needed. Please keep incision clean and dry at all times.
7. Please do not wear anything binding around your waist or abdomen.
8. Bruising and swelling is expected in the areas operated upon. This should resolve over time.
9. Sleep with your head up on three pillows and your body in a gently flexed position at the waist. It is also helpful to place some pillows under your knees to reduce the tension on the incision line.
10. Your first post operative visit will be on _____
11. Constipation is normal after surgery. Increase your fluid intake, take frequent walks, and a stool softener such as Colace is recommended.
12. Do not use or apply ice or heat to operative area at any time during your recovery period.
13. If you should have any questions or problems please call the office immediately at **631-864-4111**, and the doctor will return your call as soon as possible.