



A. Samir Hassan, MD, FACS, FICS
General & Vascular Surgery

Inguinal Hernia Repair

THIS IS NOT LAPAROSCOPIC METHOD

Purchase a jock strap (scrotal support device). NOT AN ATHLETIC CUP. Bring with you the day of your surgery. (This is very important-bring with you no matter what other advise you may receive. The jock strap will be put on after surgery for better support.

- Use an ice pack on affected area for the first **24-48** hours after surgery.
- You may shower the day after surgery, remove the heavy outer dressing before showering. DO NOT REMOVE the clear transparent dressing over the incision site.
- Take the pain medication prescribed to you by Dr. Hassan as needed.
- No lifting, pushing or pulling until your initial post op appointment. NO heavy lifting, pushing or pulling for **6 to 8** weeks after your surgery. You may play golf in **2** weeks.
- Male patients – you are encouraged to wear scrotal support (jock strap). Some swelling and bruising is normal on the penis and scrotum (if excessive, please notify our office). No sexual intercourse until after your initial post op appointment or until instructed by Doctor.

Notify the office if you experience:

- 1) Elevated temperatures of 101 degrees or higher – take 2 Tylenol & drink plenty of fluids.
- 2) Increased redness & warmth at the incision site.
- 3) Sudden bleeding from the incision site. (some minor blood staining is to be expected)