



Discharge information after your Abdominal Hernia Repair



After-care:

- **You can remove your dressing after 48 hours**, unless told otherwise. After this you can have a shower – do not have a bath/go swimming/immerse yourself in water for 2 weeks.
- You should change your dressing if it is soaked through with blood.
- Wound Closure:
 - If your wound has been closed with dissolvable stitches you do not need to do anything these will dissolve over time.
 - If you have stitches that require removal you will need to arrange for these to be **removed in 10 days** by your GP practice.
 - If your wound has surgical glue as a closure/dressing you will not need to do anything, you will notice that the glue will start to flake off after a few days – this is normal.
- Before you start driving you must be able to safely perform an emergency stop without pain from your surgical site.
 - For most patients this is after 1- 2 weeks but may be sooner for some.
- You should be able to return to work after 2-4 weeks, depending on your job.
- Some bruising and swelling is NORMAL and should disappear after 1-2 weeks.

Things to avoid:

- Heavy lifting or strenuous activity for 6-8 weeks.
- Talcum powder, bubble bath, perfumed products or creams/gels/lotions on or around the wound for 2 weeks.
- Soaking in water for 2 weeks (swimming/bathing/jacuzzi)– you can shower.

Contact your GP or the Surgical Hub if you have any of the following:

- Difficulty passing urine.
- Difficulties opening your bowels.
- Bleeding, swelling, redness or discharge from your wound/s.
- Fevers/chills.

Exercises:

Increase your movements over the first few days and do regular deep breathing with coughing, whilst supporting your wound with a pillow.

Additional information:

Umbilical hernia repair - Recovery - NHS

Key Contact numbers

If you have any concerns, you can contact:

Surgical Hub (7am-7pm Monday-Friday) – **02921 826510 or 02921 826348**

Surgical Same Day Emergency Care (sSDEC) at UHW: via hospital switchboard – **02920 747747**

Your GP

111 for out of hours GP services or A&E

