Cumbria Medical Services NHS

Inspected and rated Outstanding
Care Quality Commission

Lower Floor
Cockermouth Community Hospital
Isel Road
Cockermouth
CA13 9HT

Tel: 01900 233170
info@cumbriamedicalservices.co.uk
www.cumbriamedicalservices.co.uk

Hernia Discharge Advice

1. **Wound care / stitches** – The padded pressure dressing can be removed 24 hours after the operation. The mepore dressing can then be removed 48 hours after the operation and apply a clean dressing every 2 days for 8 days. Shower as normal, avoid using perfumed toiletries until the wound has completely healed. The stitches are absorbable and so there is no need for an appointment to have them removed.

   There will be some initial bruising and swelling. It is also perfectly normal to feel a hard lump under the scar. This is scar tissue and will break down and go in due course.

2. **Infection** - Infection is rare however if your wound suddenly becomes hot, red, painful and/or you start to feel unwell please see your GP immediately. You may have an infection that will require antibiotics.

   Post op bleeding – After surgery it is common to have some minor bleeding from the wound, however patients who take regular Aspirin or anticoagulants (blood thinners) can bleed more easily post operatively. To help stop this bleeding lie quietly and apply firm pressure to the wound for a couple of hours. The bleeding should ease and eventually stop, if it doesn't contact A&E or your GP.

3. **Medication** – Continue to take your normal prescribed medication from your own GP. It is important to take your painkillers following your hernia operation, for at least the first two days.
   Codeine 15mg 2 tablets and **Paracetamol** 500mg 2 tablets **Four** times a day.
   Naproxen 250mg 1 tablet **three** times a day.

   You can then, depending on how you feel, start to reduce them. The first medication to reduce and stop would be the codeine tablets. Then you can stop your naproxen which leaves you taking just paracetamol **four** times a day. You can reduce/stop this whenever you are comfortable.

4. **Diet** – You may need to increase the fibre and fluid intake in your diet in order to avoid straining caused by constipation. A mild 'over the counter' laxative may help.

5. **Comfortable clothing** – Loose clothing that doesn't press on the wound is more comfortable.

6. **Driving** – You will usually be fit to drive after 2 weeks, once you feel alert and can do an emergency stop comfortably. Check with your insurance company if you are in any doubt.

7. **Work** – You may need around six weeks off work or longer if you have a heavy manual job. We can provide a sick note for you. In general, the advice is to return to work when you feel able. Your own GP can provide a sick note, review your health and provide further certificates if required.

8. **Activity** – Resume normal activities as you feel able. Any activity that causes strain on the abdomen, e.g heavy lifting, should be avoided at first and then gradually built up over the next 6-8 weeks. For your comfort, it may help to hold your wound with one hand if you are going to sneeze, cough or laugh. This technique is also useful when moving from sitting to standing (or vice versa).

9. **Follow up** – if you feel you need one, you can call to book a follow up appointment approximately 6 weeks after your operation. We will send your GP a letter so he/she has details of your operation.

If you have any questions, concerns or queries, please contact us as soon as possible on 01900 233170. . Out of hours you should contact **Cumbria Health on 111.**

Please contact us in the first instance, rather than your own GP surgery if you have any queries or problems.