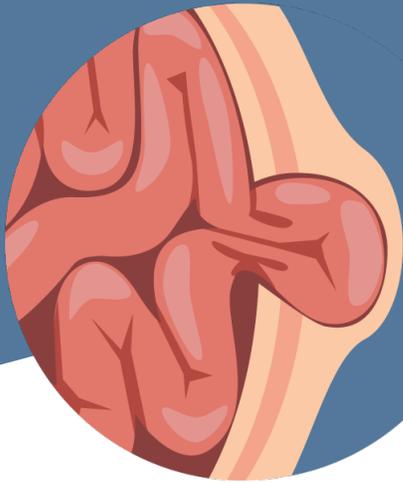


# UMBILICAL HERNIA POST OP INSTRUCTIONS



## INCISION

Your incision is closed with absorbable suture beneath the skin. There is no suture to remove. Typically your incision will be sealed with a sterile glue that makes it water tight. You may shower whenever you want. Some bruising or swelling around your incisions is common. Notify the office if you experience significant redness around your incisions or drainage from your incisions. You may feel a knot or nodule beneath your skin at the navel. This is a deeper suture within the muscle that is also absorbable. This will go away in the first one to two months after surgery. It is common to have bruising, swelling, and/or bloating.

## WORK

People with nonstrenuous desk jobs typically return to work in 3-7 days after surgery. People with labor intensive jobs, like construction usually need 2 weeks off of work.

## MEDICATION

Typically you will receive an electronic prescription to the pharmacy you provided us in clinic. Most patients receive Norco which is hydrocodone with tylenol (APAP), typically designated 5/325. This refers to 5mg of hydrocodone and 325 mg of acetaminophen (Tylenol). You may take NSAIDs such as Ibuprofen, Advil or Aleve in addition to this medication. It is safe to take up 4,000 mg of acetaminophen per day, unless you have liver disease. You can take up to 2,400 mg of ibuprofen per 24 hours unless you have kidney disease or history of ulcers. Hydrocodone can cause nausea and should be taken with food. It also causes constipation. It is common to need a laxative 2-3 days after surgery. I suggest Miralax, dulcolax, Sennokot or prune juice.

## FOLLOW UP

You should see Dr. Glover in the office 2-3 weeks after your surgery. You may request an appointment through the portal or call the office. You can call to come in anytime sooner if you experience any complications or issues.

## CONSTIPATION

Due to anesthesia, narcotics and immobility it is not uncommon to experience bloating or constipation after surgery. You may benefit from Miralax, dulcolax or prune juice to avoid straining after surgery.

## ACTIVITY

Any amount of walking you feel up to is ok. Going up stairs is ok, just take your time. Driving is okay once you have stopped taking narcotics and are comfortable turning your torso and pressing the brake firmly. Usually this is 3-5 days after surgery. You should avoid lifting more than 20 pounds the first 2 weeks. Light cardio may be resumed at 3 weeks like elliptical, recumbent bike or swimming. There are no restrictions after 4 weeks.

## PORTAL

Dr. Glover and his medical assistant are always available and most easily accessible through the patient portal. You may send messages to either or request medication refills through the portal. The office phone number is staffed by the answering service after hours 24/7 should you need immediate assistance.

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