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Going home after your hernia repair

***Information for
patients and carers***

Aberdeen Royal Infirmary

Letter for your GP

We'll email a letter about your hospital stay to your GP. This letter tells your GP about your surgery and any other relevant information.

Medicines

We'll give you any medicines you may need before you leave the ward. This is only a 7 day supply. If you need any more medication after this 7 day period, go to your GP who will arrange this for you.

Follow up appointment

Your hospital doctor may wish to see you again at the outpatient clinic. If so, we'll send you an appointment card to your home address.

Work

It's better to feel completely well again before returning to work. This will depend on your job, especially if it involves heavy lifting or sitting for long periods. Ask your GP for advice. Most people return to work after 2 to 4 weeks.

Rest and activity

Once at home you'll probably feel tired. Gradually increase the amount of daily exercise. Try taking short walks frequently.

Avoid heavy lifting or strenuous exercise for 6 weeks after your operation. Many day-to-day activities can cause discomfort (such as vacuuming, gardening, mowing the lawn, bending and/or stretching and reaching into shelves). Also, standing for long periods of time may be tiring.

Dressing

If you still have a dressing to your wound when you leave hospital, this can be removed 3 days after your operation. It will peel off easily.

Stitches

The surgeon may have used "subcuticular stitches" on your wound. These are underneath the skin and will dissolve on their own. You can't see these stitches. The surgeon may also have applied paper stitches (small strips of sticky paper) over the wound. These can also come off easily when bathing or showering.

Wound

Wounds progress through several stages of healing. You may feel the following, but these are quite normal:

- Unusual tingling, numbness or itching sensation.
- A slightly hard, lumpy feeling as new tissue forms.
- Slight pulling around the stitches as the wound heals.

However, if your wound is swollen, red, leaking or causing you excessive pain, contact your GP immediately.

Baths and showers

It's quite safe to get your wound wet after your operation. Avoid using talc, creams etc directly on the wound itself, as this may lead to irritation or infection.

Driving

Only start driving again when you feel comfortable enough to manage an emergency stop. Don't drive for long periods of time at first. Cut a long journey into short spells. Remember that your insurance may be affected if you drive while unfit. If in doubt, check with your insurance company.

Diet

You can eat and drink as normal. Remember to take plenty of fluids.

Ward contact details

If you are concerned in any way about your procedure please contact your GP or the ward you stayed in:

Ward 206

 **01224 553366** 

Ward 207

 **01224 553364** 

Ward 208

 **01224 552132** 

For general advice you can also contact:

NHS 24

 **111** 

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