



PERTH ENDOCRINE SURGERY

MR. DAVID LEONG MBBS FRACS

Endocrine and General Surgeon

Thyroid | Parathyroid | Adrenal | Hernia | Gallbladder

Unit 1/45 Oxford Close, West Leederville

Suite 115, Joondalup Health Campus Medical Centre

Ph: 08 93888822 Fax: 08 93888833

Email: david@perthendocrinesurgery.com.au

Provider: 435291WL

POST HERNIA SURGERY INFORMATION SHEET

WOUND CARE

What do I do with the dressings?

You will have a tegaderm (island waterproof dressing) and steri-strips (sticky white band-aids) covering your wound. The tegaderm can be removed after 5 days. The steri-strips will slowly lose their stickiness over a period of time. You can allow the steri-strips to fall off after this time or if they remain in place they can be removed after 14 days from your surgery.

When can I get the wound wet?

You can shower immediately after the surgery, make sure to dry the wound well gently with a towel. It is advisable to avoid the wound becoming excessively wet and to avoid activities such as swimming or taking a bath for the first week after surgery.

What happens with the sutures?

Your sutures are completely dissolvable and hidden and do not need to be removed by a doctor or nurse. It is common to have a firm palpable lump under the scar which is the suture material that will eventually go away.

What should I expect?

If you have had a keyhole operation it is common to feel bloated and have some 'gas' pain which is typically in the shoulders. This will disappear after 48 hours.

If you have a keyhole or open operation, it is common to have some slight swelling in the groin and bruising around the scrotum (in males) which will eventually subside. It is important to wear supportive underwear as much as possible after your procedure.

It is also common to become constipated due to the surgery and medication given during your surgery. Drink plenty of fluids, eat high fibre food and commence Movicol (two sachets twice a day) to ensure you are not constipated.

If you develop sudden swelling, redness around the wound area and develop fevers you should inform us immediately.



PERTH ENDOCRINE SURGERY

MR. DAVID LEONG MBBS FRACS

Endocrine and General Surgeon

Thyroid | Parathyroid | Adrenal | Hernia | Gallbladder

Unit 1/45 Oxford Close, West Leederville

Suite 115, Joondalup Health Campus Medical Centre

Ph: 08 93888822 Fax: 08 93888833

Email: david@perthendocrinesurgery.com.au

Provider: 435291WL

EXERCISE AND DRIVING

When can I drive?

It is safe to drive post operatively when a patient can turn their body comfortably such that they can see things around them on the road and are not requiring sedating pain medication such as tramadol, panadeine forte etc. This is commonly after two to three days post operatively.

When can I start exercising?

It is best to avoid any strenuous activity for six weeks after your surgery. This includes heavy straining, lifting and the gym. Light activities such as walking and day to day activities is very safe. After 4 weeks you may return to light cardio activities such as jogging and cycling on a stationary bike. After six weeks you may return to full activities

When can I return to work?

You will be given a medical clearance for two weeks after your surgery. If your work is labour intensive involving heavy lifting and straining, you will require 6 weeks off work unless you can perform light duties at work (you may return at 2 weeks then).