



INCISIONAL HERNIA REPAIR

DAY OF SURGERY

Day: _____ **Date:** _____

THINGS TO EXPECT TODAY

- You will be transferred from the Recovery Room to a room on one of the surgical units.
- The nurse will monitor your vital signs (blood pressure, pulse, respirations, temperature) and check the dressing over your incision.
- You may have a Foley Catheter draining urine from your bladder, and a tube draining fluid from your incision site. The nurse will check these tubes frequently, empty and measure the amount of fluid.
- You will receive pain medication, IV fluids and IV antibiotics.

Things To Do Today

- Use the Incentive Spirometer at least 10 times every hour you are awake. How high did you get the incentive spirometer this time? _____
- You will be helped to get out of bed.
- Ask your nurse about your pain management program. You will be asked to rate your pain before and after taking pain medication to make sure you are comfortable.

DAY AFTER SURGERY

Day: _____ Date: _____

THINGS TO EXPECT TODAY

- Blood tests will be done
- The drain may be removed if the amount of drainage is decreased.
- The Foley Catheter may be removed.
- Your pain medication may be changed to an injection form.
- You may be given fluids to drink.

Things To Do Today

- Read the section in your information packet on **Going Home**.
- Use the Incentive Spirometer at least 10 times every hour you are awake. How high did you get the incentive spirometer this time?

- Increase your activity as tolerated. Increase the distance that you walk and the time you are out of bed.
- If possible, look at your incision so that you can report any changes, such as redness, drainage or swelling, to the surgeon.
- Review the information in the Discharge Packet on “When to Call the Doctor.” These are possible danger signs that need to be reported to the doctor.
- Take pain medication as prescribed and needed. Remember to tell the nurse.
- Ask your nurse about your pain management program. You will be asked to rate your pain before and after taking pain medication to make sure you are comfortable.
- Think about questions you have about going home. Write them down so that you remember to ask them.
- Ask to speak with the social worker if you have questions about your discharge.
- Confirm transportation home. Discharge time is 11 a.m.
- The staff will be making evening and night rounds. If you have any questions, please ask.

DAY OF DISCHARGE

Day:_____ **Date:**_____

THINGS TO EXPECT

- The IV and drain will be discontinued.
- Staff will review discharge instructions.
- You will receive any needed prescriptions.
- You will be given solid foods today.

Things To Do Today

- Wash up.
- Review the information in the information packet on “When to Call the Doctor.” These are possible danger signs that need to be reported to the doctor.
- Find out when you need to return for a follow up visit with the surgeon.
- Review the discharge plan with the nurse and sign it. Ask any remaining questions.

GET HOME SAFE!