

Discharge Instructions for Pain Management

Hernia Surgery

It is normal to have some discomfort after your operation. During your operation, local freezing and pain medication were given to help with this. Your pain will improve day by day.

Medication Instructions

Please take your medications with milk or food and follow all the instructions given to you by your pharmacist.

First 3 days (72 hours) after surgery:

1. **Meloxicam** 7.5 mg (Mobicox): Take 1 tablet orally, every 12 hours, for 3 days (prescription).
2. **Acetaminophen** 500 mg (extra-strength Tylenol): Take 2 tablets orally, every 6 hours, for 3 days (Over the counter).

To maximize your pain relief, it is recommended that you take both of these medications.

**If you do not have drug coverage for Meloxicam, you may substitute the following over-the-counter medication: Naproxen 200 mg (Aleve): Take 2 tablets orally, every 12 hours, for 3 days.

After 3 days (72 hours):

1. Continue Acetaminophen 500 mg (extra-strength Tylenol) 1-2 tablets every 6 hours as needed.
2. Ibuprofen (Advil) 400 mg: Take 1 tablet orally, every 6 hours, as needed.

This medication plan should relieve most of your discomfort. 90% of patients will have good pain control and will not require anything stronger.

You will be given a prescription for a stronger pain medication called **Tramadol**.
DO NOT FILL THIS PRESCRIPTION. Only fill it if the other medications do not control your pain.

**If you do not have coverage for Tramadol, then Codeine 30 mg may be prescribed.

Please notify your surgeon if you have a history of Stomach ulcers, Liver disease, Kidney disease or Allergies to any of these medications.

Medication Disposal

It is very important to dispose of leftover medication appropriately.

Please return any leftover prescription medications to your pharmacy or bring them to your follow up appointment.

DISCHARGE INSTRUCTIONS

1. For 4 weeks after your surgery, or as directed by your surgeon:
 - a. no heavy lifting greater than 5-10 lbs., i.e. small children, grocery bags, garbage
 - b. no shoveling, raking or vacuuming
2. Gradually increase your activity. Don't be afraid to be active. A proper amount of activity promotes healing.
3. A prescription for pain medication is provided to you when you are discharged. Take the prescribed pain medication as necessary.
4. Pain medications may be constipating. Take gentle laxatives such as Milk of Magnesia, prune juice, or Metamucil as necessary.
5. A high fibre diet and daily oral intake of 6 - 8 glasses of water will aid in bowel regularity.
6. You may shower or bathe. Avoid soaking your incision. Avoid direct shower spray on to the incision. Gently pat the incision dry.
7. Some incisional or scrotal swelling and bruising is common after femoral/inguinal hernia surgery. Briefs as opposed to boxer shorts may be worn for scrotal support and comfort. Intermittent use of an ice pack may reduce the discomfort from swelling. Excessive swelling or bruising should be brought to your surgeons attention.
8. Small paper tapes (steri strips) which are present on your incision may peel off or you may remove in 5 - 7 days.
9. A return appointment to see your surgeon is provided to you on discharge.
10. Notify your surgeon if any of the following occur:
 - a. Your incision becomes red, swollen, or extremely painful.
 - b. You have increased drainage from your incisions (yellow or green).
 - c. You have any pain not relieved by the pain medication prescribed.
 - d. You have a temperature over 38°C (100.4°F).
 5. You have persistent nausea or vomiting.