

When Should I Seek Medical Attention?

You should seek medical attention if you experience any of the following:

- Fever of more than 38 degrees Celsius
- Severe pain and redness at the wound(s)
- Pain or difficulty in passing urine
- Constipation
- Swelling of the groin or scrotum

Where can I Seek Medical Attention?

- You may call TTSH General Surgery Specialist Clinic during office hours* at 63578008, 63578009 or 63578385 to schedule an earlier appointment with your surgeon.
- After office hours, are advised to seek treatment at the Emergency Department, Basement 1, TTSH.
- You may also wish to proceed to your nearest Polyclinic or family doctor.

*Office hours:

Monday - Friday: 8 am – 5 pm
Saturday: 8 am – 12 noon
Sunday & PH: Closed



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Hernia Surgery Post-Surgery Instructions



What is Hernia Surgery?

A hernia is an abnormal protrusion of tissue or an organ through the wall of a cavity in which it normally resides. When this happens, a hernia repair surgery may be necessary to return the displaced tissues or organs back to their original position.

What are Some Side Effects I may Experience after the Surgery?

Some possible side effects that may be experienced after surgery are:

- Pain
- Nausea
- Vomiting
- Discomfort or numbness in the groin region
- Mild swelling in the groin region
- Acute urinary retention requiring an indwelling catheter

What Should I Take Note of After the Surgery?

The following instructions provide general information and advice regarding care after the procedure. Taking these precautions may help to reduce risks and complications.

DIET

- You may resume your normal diet.
- Consume more green leafy vegetables, fruits and whole-grain cereals with **plenty of water** to avoid constipation.

WOUND CARE

- You may shower the next day after your surgery, as the dressing is waterproof.
- You may remove the dressing of the wound(s) after a couple of days. It is perfectly safe to leave the wound(s) exposed and to wash it with soap and clean running water.

- Observe the wound(s) for any signs of infection, which include redness, swelling, pain, tenderness and discharge from the wound. Mild redness and pain at the wound sites are expected post-operation. However if it is persistent and progressive, or if there is any discharge from the wound, you are advised to seek medical attention immediately.
- In most cases, the skin stitches used are absorbable and do not need to be removed. Otherwise, you will be advised accordingly if your stitches require removal. If in doubt, check with the medical team prior to discharge.
- An appointment will be given to you to return for a follow-up consultation.

PAIN MANAGEMENT

- Wound pain is usually mild and can be relieved with the prescribed painkillers.
- The local anaesthesia which was administered to you during surgery will wear off within a few hours. Hence, you may experience some pain after the surgery. Do take your pain medication as prescribed. The pain will gradually decrease over the next few days.
- Please stop taking the medication if you experience signs of allergic reaction (skin rashes, breathing difficulty, swollen eyes/ lips / face). Seek medical attention from your general practitioner/ the Emergency Department if you experience any of these side effects.

PHYSICAL ACTIVITY

- If wound pain is tolerable, it is advisable to maintain a comfortable level of physical activity after returning home. This may include, brisk walking or light household chores.
- Avoid engaging in strenuous physical activities or lifting of heavy objects for **at least 6 weeks** after surgery, as doing so may disrupt the repair.