



Umbilical Hernia Repair

1. Umbilical Hernia:

- No heavy lifting (anything greater than 25 lbs) for 1 week.
- No exercise for 1 week.
- A little bit of black-&-blue around the area of the hernia is normal.
- If mesh is used, the mesh is fixed with little clips around the hernia so a little discomfort away from the hernia is normal.
- If you had a large hernia, the area may fill up with fluid and swell for the first couple of weeks.

2. Dressing Care

- **Dermabond® Dressing Care (superglue without a dressing):**
 - OK to shower day of surgery.
 - Lift nothing heavier than gallon milk jug or 5lbs for 1 week.

OR

- **General Wound Care Instructions for Closed Incisions with dressings:**
 - Dressing should be kept dry for 48 hours.
 - Remove outer dressing and OK to shower in 48 hours.
 - If you have staples, they will be removed in 1-2 weeks after the operation in the office.
 - Leave Steri-Strips in place.
 - No soaking in the tub or swimming for 1 week.

Call The Crawford Clinic right away if:

- You develop a fever over 101.5°F (38.5°C).
- You have redness, swelling, pain, or drainage from the incisions.
- You become dizzy and faint.
- You have chest pain.
- You have nausea and vomiting.
- You become short of breath.
- You have abdominal pain or swelling that gets worse.

Call during office hours if:

- You have questions about the procedure or its result.
- You want to make another appointment.
- If you require more pain medication