

Laparoscopic Incisional/Ventral Hernia Repair with Mesh

❖ PAIN & SWELLING

Following laparoscopy you may have pain in one or both of your shoulders. The more you are up and around, the quicker the pain will subside.

After surgery, you will need to take ultracet twice a day with meals for 5 days.

❖ Constipation

Due to anesthesia and pain medication, you may experience constipation. **If you do not pass gas or have a bowel movement within a few days of your surgery, you may need to use a Dulcolax suppository.**

❖ DIET

The first 24 hours after your surgery you will need to be on liquids only. The medications that are used during surgery may cause nausea. After that you may return to a normal diet as tolerated.

❖ ACTIVITY

You need to be up walking around as much as possible. **Do not lift over 7 kg for the first 10 days, and no more than 15 kg for the next 20 days.** When you stop taking pain medication, you may drive.

❖ BATHING

You can shower 48 hours after your surgery, you may remove the Band-Aids, but **leave the butterfly tapes in place**, and they will come off within a week. No bathtub, swimming pool, etc for 7 days.

❖ Follow-up

You will need to see Dr. Nitin Arora/Dr Saurabh Goswami for a follow-up appointment in about a week after your surgery. Please call out office for an appointment if you have not already scheduled one. If you have any questions, feel free to contact our office at **08588005544.**

[La Vista Clinic](#)

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