

Check-ups

The check-ups which may be necessary differ from patient to patient, depending on your clinical picture and healing process. If required, you will be informed of these by the doctor treating you at discharge.

In the case of fever (temperature above 38 °C), swelling, pain and redness at the wound site or abdominal pain with bowel movement complaints (constipation or diarrhoea), you should visit a doctor or our outpatient clinic without delay.

We hope to have answered all your potential questions with this information and wish you a speedy recovery.

Your surgical team

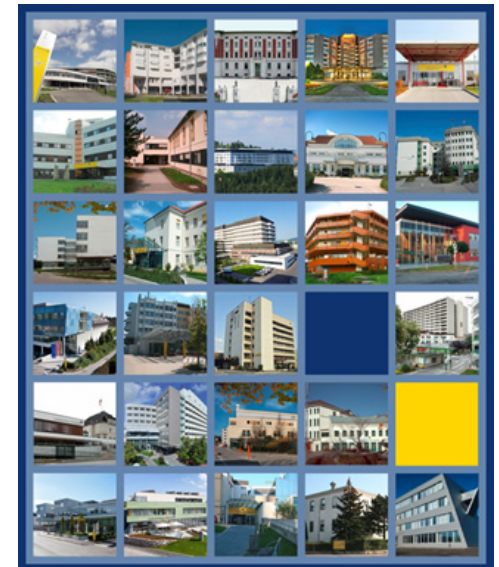
Publication details:

Media owner: NÖ Landesgesundheitsagentur
Version 05/2015
Bauchwand- und Narbenbruch OP

www.lknoe.at

Surgery

Discharge information



Behaviour after abdominal wall and incisional hernia surgery

Dear Patient,

Further to our discussion at discharge and the doctor's letter, we would like to provide you with some more information relating to the time after your stay in our department.

Postoperative pain

Pain may occur in the area around the surgical wound, however this usually subsides within one week.

If the pain persists longer than this or reoccurs, then please contact your GP or our outpatient clinic.

Wound care

In principle, no specific scar treatment is required; however regularly applying a skin care cream can greatly aid the healing process.

Abdominal support girdle

We recommend that you wear an elastic abdominal support (similar to a girdle) after abdominal wall and incisional hernias, depending on the size of the hernial opening. The doctor treating you will inform you about the period of use for the abdominal support girdle at discharge.

Physical activity/ability to work

We recommend resting the abdominal wall which can greatly aid wound healing (lifting max. approx. 5 kg) for six weeks after surgery.

Extreme strain on the abdomen should be avoided until at least 10–12 weeks after surgery.

Softer sports are permitted three to four weeks after surgery. Sports which place considerable strain on the abdominal wall should be avoided for at least six to twelve weeks after surgery.

Ability to work varies according to the individual and depends on the occupational activity. Please discuss your personal circumstances with the doctor treating you.

Nutrition

In principle, no particular diet is required after hernia surgery.

Personal hygiene

Showering is possible from the second day after surgery. However, the wound area should only be cleaned with water, and no soap. Please discuss the use of waterproof bandages with the doctor treating you. Full baths should be taken at the earliest one week after the stitches are removed. The surgical wound should not be exposed to sunbathing (including artificial sun tanning) for six months after surgery. If exposure to sunlight occurs prior to this, the wound should be covered with a towel.