



What To Expect After Surgery

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SPORTS HERNIA REPAIR

Day of Surgery – Immediate Post-op Instructions

- Resume regular diet as tolerated.
- Use ice pack every one to two hours, while awake, for 20 minutes.
- Take pain medication as directed. It is helpful to take pain medication 30 minutes prior to physical therapy.
- Resume normal medications as needed.
- Use crutches as directed.

Post-operative day 1

- Continue icing 20 minutes every one to two hours, while awake.
- Continue pain medication as needed.
- You will either begin working with a physical therapist or be shown exercises to complete on your own until physical therapy can be begun. Exercises should be done to the best of your ability. Try to accomplish a little more each time you do your exercises.
- You or your physical therapist may remove your bandages from the surgical area. You can shower, but will need to cover the incisions with a small piece of gauze and waterproof dressings.
- After bathing, cleanse the incisions with peroxide or betadine. DO NOT remove the small white steri-strips from the incision. Cover with band-aids or gauze and tape.

Post-operative day 2 until return visit

- Continue using ice pack as needed.
- Continue daily shower/band-aid routine.
- Continue working with a physical therapist or doing home exercises as instructed.
- Discontinue use of the crutches as tolerated.

Return Visit:

- Before you are discharged from the surgical facility, you will receive an appointment to see us back approximately 2 weeks after surgery. If you do not receive this, please call our office @ 334-793-2663 to schedule.
- We recommend that you do not drive until you are off of pain medication for at least 24 hours and can do so safely.