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Umbilical Hernia Repair Post-operative Instructions

Congratulations! You have just had your umbilical hernia repaired. Find some instructions below. If you have any questions please contact Dr. Kundhal's office.

1. Diet: No dietary restrictions following umbilical hernia repair. For the first 24 hours I recommend eating light foods such as soups.
2. Activity: You may experience some pain after the surgery. Let the pain guide how much activity you can tolerate. Please avoid lifting of more than 10 lbs for 4-6 weeks. For the first 24 hours have someone help you up and down the stairs in your home. Dr. Kundhal will clear you for unrestricted activities during your follow-up appointment..
3. Dressing Care: There will be a tape gauze over your incision. Remove it in 48 hours. It is not unusual to see some dry blood on it. This is expected. Below the dry guaze are adhesive bandaids called steri-strips. Do not remove these. If they have not fallen off themselves in 14 days you can remove them yourself.
4. Showering: You can take a shower in 48 hours after the tape gauze has been removed. You can let the incision get wet and gently clean it with soap. Pad it dry after your shower.
5. Pain: Pain after surgery can be expected. Dr. Kundhal will provide you with a prescription for pain control. Do not drive or operate machinery while taking these medications.
6. Contact Dr. Kundhal office if any of the following happen. If you cannot get hold of Dr. Kundhal please go to the nearest emergency room.
 - a. Bleeding from incision that does not stop with gentle pressure applied directly over incision for 10 continuous minutes with clean tissue paper
 - b. Pus (Green liquid) coming from the incisions
 - c. Redness around incision
 - d. Severe pain not controlled by the pain medication
 - e. Fever more than 38C
 - f. Abdominal pain that does not resolve with pain medication
 - g. Other symptoms: chest pain, shortness of breath, severe are or leg pain, leg or swelling.
7. It is normal to have some swelling and bruising at the surgical site. You many notice some numbness in the area for the first three months.
8. If you have any concerns please contact Dr. Kundhal's office