



Dr Michael Crawford  
laparoscopicsurgeon.net.au  
Specialising in:  
Liver, Pancreas, Gallbladder, Hernia,  
and advanced Laparoscopic Surgery

## Umbilical Hernia

### POST OPERATIVE INSTRUCTIONS

#### **Discomfort:**

Some pain or discomfort after your surgery is usual.

For pain relief: take Panadol, Panadeine, Panadeine Forte, or Endone as prescribed.

Non-steroidal anti-inflammatories (eg Brufen) can also be taken if the discomfort is still troublesome. This will work together with Panadol type drugs.

#### **Dressings:**

You can shower within 12 hours after your surgery.

The dressings are waterproof and will resist water from a shower.

You should not take a bath or swim until the wounds are dry.

Keep the waterproof dressings in place for 1 week.

Under the dressing is some special 'wool' that pushes the belly button back into place.

Peel the dressings off just before a shower at 1 week after surgery.

There will be a little blood stained fluid and the 'wool' under the dressings, just rinse it off in the shower and dab dry with a clean towel.

#### **Wounds:**

The wounds are closed with buried, dissolving sutures and 'steri-strips'.

You do not need to have stitches removed.

The paper steri-strips can be peeled off with the dressings or when they start to lift on their own.

Wound infection is an uncommon complication of surgery, but might require treatment:

**Contact Dr Crawford or your GP if you are worried or:**

**There is increasing pain, redness, smell or discharge from the wound**

#### **Activity:**

It is recommended that you have 7-14 days off work and no heavy lifting (more than a chair) for 6 weeks

You should avoid rigorous, competitive sport for 4-6 weeks

You can drive as soon as you can safely control the vehicle (usually a few days after surgery)

#### **Medications:**

Take routine medications from the day after surgery

#### **Follow Up:**

If you have not already booked a follow up appointment, please phone the rooms and book an appointment for 3-4 weeks' time

#### **Contact Numbers**

Dr Crawford (Newtown and Mater Rooms) **02 9565 4854**

Royal Prince Alfred Hospital 02 9515 6111

The Mater Hospital 02 9900 7300

[www.drMichaelCrawford.com.au](http://www.drMichaelCrawford.com.au)