

FITZPATRICK HOUSE
134 Guthridge Parade
SALE VIC 3850
Ph (03) 51 444555
Fax (03) 51 447564

Mr Adrian P. Aitken

M.B.B.S., Ph.D. (U.N.S.W.), F.R.A.C.S.
GENERAL SURGEON

 enabled for Tele-health consultations

MARYVALE PRIVATE HOSPITAL
286 Maryvale Rd
MORWELL VIC 3840
Ph (03) 51 321200
Fax (03) 51 343441

BAIRNSDALE REGIONAL HEALTH SERVICE
122 Day St
BAIRNSDALE VIC 3875
Ph (03) 51 503333

INSTRUCTIONS AFTER INCISIONAL HERNIA REPAIR

You need to be seen about 1 week after your operation or sooner if there is an issue.

Ring Fitzpatrick House on 51444555 to make or check that an appointment has been made.

Keep the dressing clean dry and intact until review. A damp, wet or blood-stained dressing will cause a wound infection. Do not shower, keep the wound clean and dry. Contrary to popular belief waterproof dressing are not really waterproof. You can undertake general daily hygiene measures using a flannel.

You may have been given and advised to wear an abdominal elastic compressive garment, 'an abdominal binder' for one month after the operation. This should be worn all the time except when you sleep at night. This is to limit any risk of fluid or seroma collecting under the wound and to reinforce the repair immediately after the operation. The abdominal binder should be done up snugly to the pre-marked black line on the garment but if you can rotate it around you abdomen then it needs to be done up more snugly. Do the binder up as explained.

Take Panadol or Panadeine, 2 tablets 4 hourly as required. The need for pain relief should taper off within 5-7 days.

No driving a car, swimming, immersion in baths or strenuous activity such as gym and long walks for about 2 weeks until you are told you can.

Great care has been taken with your operation and you can expect a great result if you adhere to the above. If you have any issues or are unclear about any post-operative instructions please ask.

**IF A PROBLEM OCCURS,
CONTACT FITZPATRICK HOUSE DURING BUSINESS HOURS
OR GO TO ACCIDENT AND EMERGENCY AT A PUBLIC HOSPITAL**