

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 REPAIR OF AN UMBILICAL HERNIA

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 but it may need to be changed in 2-3 days if bloodstained or damp. 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.

If the dressing gets wet or dirty change the dressing with identical or similar dressing material which you can obtain from a chemist.

If bleeding occurs lie down and press on the wound with a wad of clean Kleenex tissues. The bleeding will stop.

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**