



Phoenix
Health
Solutions

PATIENT INFORMATION

Recovering from general surgery

RECOVERING FROM INGUINAL HERNIA REPAIR

You will go home soon after your operation when the nurse is satisfied with your recovery but will need an adult to take you home in a car or taxi and follow any instructions you are given.

Looking after yourself

An adult must stay with you for the first 24 hours after your operation in case you experience any problems.

Your operation was carried out under a local anaesthetic which numbs the area around your surgery and will wear off around 4 hours after the operation. Your groin will begin to feel sore and uncomfortable, you should take regular painkillers, such as Paracetamol and Ibuprofen, to help relieve this discomfort when you return home, continue taking painkillers until the discomfort is manageable. Applying gentle pressure to your wound using your hand, or a small pillow can make coughing, sneezing and moving between sitting and standing more comfortable.

Make sure you keep the wound clean, dry and covered for 48 hours, avoid bathing or showering. The skin suture will absorb around 10 – 14 days so does not need to be removed.

Straining on the toilet because of constipation can cause pain around your wound. You can reduce your risk of constipation by drinking lots of fluids and eating plenty of vegetables, fruit and high-fibre foods, such as brown rice, wholemeal bread and pasta. A mild, over-the-counter laxative may also help.

Activities

Over time, you can gradually return to your normal activities as soon as you're able to do them without feeling any pain.

Most people are able to do light activities, such as shopping, after one or two weeks. You should also be able to return to work after one or two weeks, although you may need more time off if your job involves manual labour. The surgeon will advise on this and if you require a Statement for Fitness to Work.

Gentle exercise, such as walking, can help the healing process, but you should avoid heavy lifting and strenuous activities for about four to six weeks.

You may find sex painful or uncomfortable at first, but it's usually fine to have sex when you feel like it.



Driving

Speak to the medical professional in charge of your care for advice about when you can drive. It's usually advisable to avoid driving until you're able to perform an emergency stop without feeling any pain or discomfort (you can practice this without starting your car).

It will usually be one or two weeks before you reach this point, although it may take longer after open surgery. It's usually recommended that you contact your car insurance company before starting driving again.

When to call a doctor

If you experience any of the following symptoms in the weeks following surgery, please contact Phoenix on 01977 655607 within office hours, your own GP or NHS 111 for advice:

- persistent fever over 38C (100.4F)
- increased swelling or pain in your abdomen
- pain that is not relieved by painkillers
- persistent nausea or vomiting
- chills
- persistent coughing or shortness of breath
- increasing redness surrounding your wound, bleeding or oozing
- difficulty passing urine.



RECOVERING FROM RADIOFREQUENCY ABLATION OF VARICOSE VEINS

You will go home soon after your operation when the nurse is satisfied with your recovery but will need an adult to take you home in a car or taxi and follow any instructions you are given.

Looking after yourself

An adult must stay with you for the first 24 hours after your operation in case you experience any problems.

Your operation was carried out under a local anaesthetic which numbs the veins being treated and will wear off around 4 hours after the operation. Your leg and groin will begin to feel sore and uncomfortable, you should take regular painkillers, such as Paracetamol and Ibuprofen, to help relieve this discomfort when you return home, continue taking painkillers until the discomfort is manageable.

Make sure you keep the wounds clean, dry and covered for 48 hours, avoid bathing or showering, you must wear the compression bandage for 5 days, then compression stockings for a further 2 weeks for the best results. There are no skin sutures to be removed.

Activities

You can gradually return to your normal activities as soon as you're able to do them without feeling any pain. You should walk around for 10 minutes 3 times during the first two days, increasing this as the days' progress.

You should also be able to return to work after a few days, although you may need more time off if your job involves standing for long periods or manual labour. The surgeon will advise on this and if you require a Statement for Fitness to Work.

Driving

Speak to the medical professional in charge of your care for advice about when you can drive. It's usually advisable to avoid driving until you're able to perform an emergency stop without feeling any pain or discomfort (you can practice this without starting your car).

It will usually whilst wearing the bandage or until it loosens. It's usually recommended that you contact your car insurance company before starting driving again.



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- increased swelling or pain in your abdomen
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- difficulty passing urine.

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