

# Inguinal (Groin) Hernia Repair

Laparoscopic or open repair · Take this sheet home and keep it where you'll see it during recovery.



**7 days**

DRESSINGS DRY



**~7 days**

DRIVING



**4-6 wks**

NO HEAVY LIFTING



**1-6 wks**

BACK TO WORK

## Wound & dressing care

- Keep wounds clean, intact and dry for **7 days**; shower after 7 days — pat dry, don't rub.
- No baths, swimming or spa pools for 2 weeks.
- Bruising and swelling of the groin — and in men the scrotum — is normal for 2-3 weeks.
- A firm lump under the scar for several weeks is the mesh, scar tissue and a little fluid (a seroma) — not the hernia coming back.

## Pain & comfort

- Groin discomfort and bruising are expected. Take your prescribed pain relief regularly at first.
- Apply an ice pack (wrapped in a towel) for 15-20 minutes to ease swelling; supportive underwear helps.
- A numb patch of skin in the groin or upper thigh can last weeks to months and usually settles.

## Activity, work & driving

- Gentle walking from day one — build up gradually.
- Avoid heavy lifting and straining for **4-6 weeks**; desk work 1-2 weeks, manual or heavy work 4-6 weeks.
- Drive again once you can perform an emergency stop without flinching — about 3-7 days (keyhole) or 5-10 days (open).

## Diet & bowels

- Eat and drink normally and stay well hydrated.
- Constipation is common after the anaesthetic and painkillers — fibre, fluids and a gentle laxative (such as Movicol) early on help you avoid straining.



## Seek help urgently if...

- ! Severe or rapidly increasing swelling or pain
- ! Spreading redness, warmth or wound discharge / odour
- ! Fever or feeling generally unwell
- ! Unable to pass urine
- ! Calf pain or swelling, or shortness of breath

## Questions during your recovery?



(07) 3333 5518



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After hours or an emergency — call **000** or go to your nearest Emergency Department.

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Last reviewed June 2026. This is general guidance only — the specific advice your surgeon gives you about your operation always takes priority.

Most people recover steadily over a few weeks. These general tips help you heal well and avoid common problems after abdominal or keyhole surgery. Use them alongside the specific instructions on the front of this sheet.



### Preventing blood clots

- Move your ankles and legs often — ankle circles, foot pumps and knee bends several times a day.
- Get up and walk a little, regularly, rather than sitting for long stretches.
- Drink plenty of water.
- Take any blood-thinning medication exactly as prescribed.



### Breathing & chest care

- Take 5–10 slow, deep breaths several times a day, then a gentle cough to clear your chest.
- Support your tummy with a pillow or your hand when you cough or sneeze.
- Sitting upright and walking help your lungs recover.



### Getting out of bed safely

- 1 Roll onto your side with your knees bent.
- 2 Let your lower legs move off the edge of the bed.
- 3 Push up sideways with your arms — not your tummy — to sit up.
- 4 Pause for a moment, then stand up slowly.



### Caring for your wound & scar

- Keep dressings dry as directed on the front; once healed, keep the area clean.
- No baths, swimming or spa pools for about 2 weeks; keyhole stitches are usually dissolvable.
- Scars settle well over months. Once fully healed, silicone gel or gentle massage helps; protect new scars from the sun.



### Medicines & comfort

- Take pain relief regularly at first, then cut back as you improve.
- Don't exceed the stated paracetamol dose; take anti-inflammatories with food if they suit you.
- Strong painkillers can cause constipation — start a gentle laxative (such as Movicol) early and stay hydrated.
- Avoid alcohol while taking strong painkillers.



### Eating well for healing

- Eat regular, balanced meals with protein to support healing.
- Plenty of fibre and fluids keep your bowels regular and help you avoid straining.
- If you smoke, stopping — even for now — speeds wound healing.



**Looking after yourself matters.** Rest when you need to, increase activity a little each day, and don't hesitate to call us on (07) 3333 5518 if something doesn't feel right.