

Hernia or Hydrocele Repair Discharge Information

Key Point

- Encourage quiet activity for a few days after surgery
- You should not take a tub bath until the incision is healed or about 14 days after your surgery. You may take a sponge bath. When bathing, make sure to keep the incision dry.

Hernias and hydroceles occur when the lining of the abdomen extends out of the abdominal cavity making a sac (pocket). The surgical repair of this problem involves closing off the sac to prevent the bowel from bulging into it.

Diet

Follow guidelines as outlined in [General Anesthesia handout](#).

Activity

Encourage quiet activity. Showering may begin after 24 hours. You should not take a tub bath until the incision is healed or about 14 days after your surgery. You may take a sponge bath. When bathing, make sure to keep the incision dry. Avoid any body of water (pools, hot tubs, whirlpools, oceans, rivers or lakes) for 30 days after your surgery or until your doctor says that it is alright.

Pain Management

Some soreness can be expected after surgery. Acetaminophen may be given for pain as directed by your doctor. Loose clothing will be most comfortable.

Incision Care

The small incision may be covered by a clear plastic dressing or gauze and tape. Stitches are in place and will dissolve on their own. Small pieces of tape (brand name is Steri-Strips) may have been placed to hold the edges of the skin together. They usually fall off within two weeks, but it is not a problem if they fall off sooner. The incision is often hard and slightly swollen for a few months after surgery. This is normal.

Questions or Problems

Contact Telehealth Nursing at 651-229-3890 if you see any of the following:

- Fever over 101.5 F
- Throat irritation
- Severe pain
- Drainage coming from the incision site

[Make An Appointment](#) [651-290-8707](#)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](#).