



Dr Ben Lancashire

BSc, MBBS(Hons), MS(Advanced Breast Surgery), FRACS, FACS
SPECIALIST BREAST, ENDOCRINE & GENERAL SURGEON

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POST-OPERATIVE INFORMATION SHEET

VENTRAL (AND UMBILICAL) HERNIA SURGERY

What happens after my operation?

If Dr Lancashire has arranged for you to stay in hospital overnight, you will be transferred from the operating theatres to the surgical ward. You will have a waterproof dressing over your wound(s).

Relatives are permitted to visit you on the ward on the day of your surgery. It is recommended that all guests check visiting hours with the hospital so that patient rest periods aren't interrupted.

In some instances, patients may be able to go home on the day of their surgery. Dr Lancashire will have discussed whether this is appropriate for you prior to your operation.

Managing pain or discomfort

- People will experience different levels of discomfort and pain after surgery. This is quite normal
- Many people are surprised how little pain they have after hernia surgery
- Your anaesthetist will talk to you about pain management before your operation
- There will be pain medication available for you to ask for on the ward after your operation, and Dr Lancashire will prescribe pain relief for you to take home if you require it

Caring for your wounds / stitches

- your wound(s) will have been stitched closed with dissolving sutures - they will not need to be removed
- The wound will be covered with a waterproof dressing. Dr Lancashire recommends leaving them on for at least 10 – 14 days and will review it at your post-operative appointment
- You can shower normally with a waterproof dressing but avoid soaking them in the bath or pool
- It is not unusual to notice some dry blood under the dressing. This will not cause any problems
- Smoking can increase the risk of wound complications and delay wound healing
- Dr Lancashire will review your wound at your post-operative appointment and will give you information about your wound management and ways to minimize long-term scarring

How long will it take for me to recover?

- It is important to have someone drive you home from the hospital
- Your recovery will depend on the extent of surgery you have as well as your general health
- Dr Lancashire will provide a medical certificate for your time in hospital and your recovery period

Resuming activities

- You can begin low impact exercise (for example, walking) immediately after your surgery
- You should avoid strenuous activities and heavy lifting (anything over 5kg) for at least 4 - 6 weeks
- Driving
 - As a general rule, you should not drive for at least a week after surgery
 - You must be able to comfortably wear a seatbelt
 - You must not be taking any pain medications
 - You must be able to move your head, neck, shoulders and arms freely
- Feel free to contact us if you have any questions or concerns regarding activities you wish to resume or commence immediately after your surgery.



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HERNIA SURGERY

Post-operative problems

The following issues may be encountered following any form of surgery:

- Wound Infection
 - Redness, swelling or pain not relieved by simple pain relief
 - Discharge from the wound
 - Feeling generally unwell or a fever over 38 degrees
 - Most simple wound infections can be managed with a course of tablet antibiotics
 - You should contact Dr Lancashire's rooms if you have symptoms or signs of a wound infection
- Bruising or haematoma
 - Bruising is common after every type of surgery
 - Most bruising disappears within a couple of weeks
 - Sometimes a large bruise/blood clot can form under a wound (haematoma)
 - In men, sometimes the bruising can extend into the scrotum
 - Most small haematomas will resolve slowly over time
- Fever
 - Please contact Dr Lancashire if you develop a fever over 38 degrees
- Leg pain and swelling
 - All forms of surgery increase the risk of clots in the legs (DVT)
 - You will have been wearing compression stockings and given an injectable blood thinner while you were in hospital to prevent clots
 - Please contact Dr Lancashire if you develop any pain or swelling in your leg, particularly if it is only on one side
- New or increasing abdominal pain
 - Please contact Dr Lancashire if you develop any new abdominal pain or increasing groin pain after your surgery

When should I contact Dr Lancashire?

- You can feel free to contact Dr Lancashire's rooms at any time. He would like to know if you have any concerns before or after your surgery.
- If you have any of the above post-operative problems, or have any concerns at all, please don't hesitate to call for advice or reassurance.

Useful contact numbers:

- Dr Ben Lancashire's Rooms: (07) 3054 0694
- Mater Breast Cancer Centre: (07) 3163 1166
- Mater Private Emergency Centre: (07) 3163 1000
- Mater Private Hospital Switchboard: (07) 3163 8111
- Greenslopes Private Emergency Centre: (07) 3394 7654
- Greenslopes Private Hospital Switchboard: (07) 3394 7111

