



Dr. Hall's Hospital Discharge Instructions Following Umbilical Hernia Repair

Activity

Proceed with your daily activities as tolerated but do not lift anything heavier than 10 pounds for 6 weeks. Walking following the operation is encouraged.

Diet

Eat a healthy and well-balanced diet. A separate instruction sheet will be provided if necessary.

Wound Care

The wound care is different for every type of skin closure that is performed. The type of skin closure will be included in your hospital discharge paperwork. Please see below for instructions.

- **Surgical glue**
 - You may shower daily immediately. Remove the clear, pressure dressing from your incision 3 days after surgery. The surgical glue will then be visible. Please do not remove the glue. Do not submerge the wound in a bath for 2 weeks. No swimming for 2 weeks.
 - Wash the wound with regular soap and water daily.
 - No need to apply any ointments or lotions.
 - The surgical glue will flake off after several weeks. The sutures under the skin will dissolve.
- **Steri-strips**
 - Remove the clear, pressure dressing from your incision 3 days after surgery. You can shower once the dressing has been removed. Do not submerge the wound in a bath for 2 weeks. No swimming for 2 weeks.
 - Wash the wound with regular soap and water daily.
 - No need to apply any ointments or lotions.
 - The Steri-strips will fall off after several weeks. If they have not fallen off in 2 weeks, it is okay to remove them. The sutures under the skin will dissolve.

Follow Up and Results

Follow up in our clinic in two weeks for a wound evaluation and to discuss any results. If there are any problems or questions after surgery, please call our office at (731) 422-0304.