

For the best recovery after your surgery, follow these instructions. Contact us if you have any questions or concerns after reading this.

## Pain Control

Most patients only need over-the-counter medication to manage pain for 1-2 days after surgery.

### Over-the-Counter Pain Medicine

- Acetaminophen (common brand, Tylenol®)
- Ibuprofen (common brand, Advil® or Motrin®)

Take pain medication only if you need it. Follow the instructions on the package.

It's safe to take these medicines together. If you are in a lot of pain, you can alternate between taking Ibuprofen and Acetaminophen. Take one dose of Acetaminophen, then one dose of Ibuprofen 3 hours later. Continue alternating as needed. Do not exceed the recommended doses. Take with food to avoid stomach upset.

## Diet

You can eat what you normally eat, right after surgery.

## Wound Care

Doctors use Steri-strips and dermabond to help your incisions heal and reduce scarring.

- Leave Steri-strips and dermabond in place as long as possible
- They will start peeling off on their own after about one week

## Bathing

- Ok to shower 2 days after surgery
- Do not soak in a tub or a pool for 7 days after surgery

## Activity Restrictions

Avoid activities and contact sports for at least two weeks following surgery. You can become active again as tolerated.

## School & Work

You can return to school or work when you feel up to it. Many patients return about 2 days after discharge from the hospital.

## Follow-Up Visits

Follow-up with your primary care physician or pediatrician 2-4 weeks after surgery. Contact us if you have any issues.

We now offer TeleHealth services (a video visit with your doctor). Ask our office if this is an option for you.

### Contact us immediately if you have:



## After Your Umbilical Hernia Surgery

### Patient Education

- A fever (100.4°F or more for children less than 1 year, 102°F or more for children older than 1 year)
- Pain not controlled by Ibuprofen
- Signs of dehydration (dry mouth, no urine, small amounts of dark urine)
- Vomiting, diarrhea or constipation
- Bleeding, swelling or increased drainage at the incision site

#### Contact Information

Business hours (M-F, 8:00 am – 5:00 pm)

- To schedule an appointment, please call: (801) 662-2950, Option #1
- To speak to one of our nurses, please call: (801) 662-2950, Option #2

After hours, weekends and holidays

- The operator will transfer you to the clinician on call: (801) 662-1000  
(Ask for the general surgery team)

**If you have severe chest pain, difficulty breathing or any other emergency call 911 or go to the ER**