

**ST. JOSEPH HOSPITAL
SURGERY CENTER PERSONAL RECOVERY PLAN**

SPECIALTY INFORMATION: HERNIA REPAIR

PRE-ADMISSION	ADMISSION	PREPARATION AREA	OPERATING ROOM
<p>Arrange for a responsible adult to drive you to the Surgery Center and home again.</p> <p>Arrange for a responsible adult to be with you at home after your surgery.</p> <p>You will be instructed in the Recovery Room as to how long someone will need to be with you at home.</p>	<p>Leave all jewelry, credit cards and money at home.</p> <p>Have your driver park on the 3rd floor of the parking structure.</p> <p>Please check in at the Reception desk and hand in your Anesthesia questionnaire.</p>	<p>You will have a small tube placed in your vein so that fluids can be provided to your body during the surgery.</p> <p>Clipping of hair and a medicated soap scrub at the surgery site may be ordered by your surgeon. DO NOT DO THIS ON YOUR OWN.</p>	<p>The room is kept cool. Warm blankets are available for you.</p> <p>Equipment in the room will be used to check your body systems (pulse, blood pressure, breathing) or will be needed during your surgery.</p> <p>There will always be a professional staff person with you during your surgery.</p> <p>You will be given medication to make you comfortable and possibly sleepy.</p> <p>You may feel tugging at the surgery site. This should not cause you pain.</p> <p>Your surgeon may ask you to cough during the procedure.</p>

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IV FLUIDS	NUTRITION	ACTIVITY	PAIN MANAGEMENT	DISCHARGE PLAN
<p>IMMEDIATE RECOVERY</p> <p>Small tube in your vein with slow running fluid as ordered by your doctor.</p> <p>This will be removed when you are stable.</p>	<p>Start with clear liquids if there is no nausea.</p>	<p>Up to the recliner chair with assistance.</p>	<p>Pain medication given based on your pain level (0 = no pain to 10 = severe pain), symptoms and doctor's orders.</p> <p>Pain medication by mouth if tolerating fluids and no nausea or vomiting.</p>	<p>Staff will medicate you for nausea and vomiting based on doctor's orders and your symptoms.</p> <p>Staff will review printed and doctor specific home care instructions with patient and family.</p> <p>You will be discharged when you are stable (about 1 ½ to 2 hours).</p>
<p>HOME CARE</p> <p>FOLLOW YOUR DISCHARGE INSTRUCTIONS</p> <p>In an effort to promote your wellness, St. Joseph Hospital provides Community Education programs. Please call 714-771-8000 ext. 8266 for the current schedule.</p>	<p>Clear liquids (water, apple, cranberry juices, tea), no milk.</p> <p>Add foods as tolerated. Avoid greasy, spicy foods. Begin with small, frequent meals.</p>	<p>May walk with assistance especially after taking pain medicine or feeling unsteady.</p> <p>Use a pillow to support your surgery site when coughing.</p> <p>Avoid heavy lifting or straining.</p> <p>Follow activity instructions from your doctor.</p>	<p>Take pain medicine regularly every 3-4 hours as needed. Take medicine with crackers or bread.</p> <p>Avoid alcohol and driving while taking pain medication.</p> <p>Use an ice pack to the incision area if ordered by your doctor.</p>	<p>Some bruising and swelling of the groin and scrotal area is expected.</p> <p>Schedule your post surgery office visit as instructed by your doctor.</p> <p>Notify your surgeon if you have:</p> <ul style="list-style-type: none"> *increasing pain that is not relived by pain medication *bleeding from the surgery site *fever greater than 101 *not urinated in 6-10 hours after surgery. *concerns or problems.