

Reminders to Patients after having Hernia Surgery

1. Must not sleep on pillow (raise head) and lay flat for 8 hours after surgery.
2. May have foods in such order, liquid food-soft rice-hard rice, 8 hours after surgery.
3. Patient should lay flat and must not rest in half sitting and half laying down position 1-3 days after surgery.

4. If there is coughing, vomiting, or sniffing after surgery, should place hands onto wounded part.
5. Patient can have surgical stitches removed one week after surgery.
6. Must not do any type of energy requiring exercises, lift heavy goods, or bend in large angles half a year after leaving hospital.
7. Must keep regular hours, and avoid having constipation or getting cold.
8. If there is any conditions out of control, should return to hospital for re-treatment.