

Sports Hernia

Advanced Medical Treatment for Sports Related Hernias

Pre and Post-Operative Sports Hernia Instructions by Dr. William H. Brown

Seven Days before Surgery

- Medications that thin the blood should be stopped.
- Call Dr Brown to discuss how to best stop blood thinners.

The Day before Surgery

- Do not eat or drink anything after 10 PM.
- The anesthesiologist may call.
- Shave the hair from around the operative site.
- Fill your pain medication prescription.
- Buy some Milk of Magnesia (for constipation).
- Buy some Hibiclens (an over the counter antiseptic soap).

The Morning of Surgery

- Do not eat or drink anything.
- You may take your usual medications with a sip of water.
- Shower and wash the skin with Hibiclens (an over the counter antiseptic soap).
- Brush your teeth (this will decrease the bacterial count in your mouth).
- Bring a list of your medications and allergies.
- Wear loose clothes.
- You will need a responsible adult to drive you home (not a taxi).

After Surgery

- Wait to eat until you are hungry. Hunger is a sign that your body is ready for food. Start with light foods.
- It is important that you avoid constipation. If you have to strain for a bowel movement then your muscles will pull on the sutures. Not good. Take Milk of Magnesia to keep the bowels moving.
- Your urine stream may be slow for a few days.
- The local anesthetic will keep the area numb for 8 to 16 hours.
- Wait until you start having pain before taking the pain medications.

- If the pain is mild, then take Advil or Tylenol
- If the pain is severe, then take your prescription medication
- It is important that you do not let yourself suffer. If you have pain, then use the medications.
- Most athletes take the pain medications for about three days.
- Restart your routine medications such as medication for blood pressure or for cholesterol.
- 12 hours after surgery remove the bandage and tape. If you leave the bandage on too long you will get blisters from the tape. You do not need a new dressing.
- You may shower tonight. It is OK to get the wounds wet.
- Keep ice on the operative site for at least 24 hours.
- The area may turn black and blue (like a bruise). The black and blue often develops several days after surgery. The black and blue may extend down onto the thigh, penis, and scrotum. This is not dangerous and will resolve in several weeks.
- The testicle may swell. If it falls off, then call me. :-)
- Rest. Light exercise and walking is OK. Stairs are OK. Listen to your body. If a particular activity causes a sharp pain, then stop.
- When you feel strong then contact me to discuss physical rehabilitation.
- It would be helpful if you have someone stay with you for 24 hours.
- Do not sign important documents until you are off of the pain medications.
- You may drive a car once you have stopped the pain medications.
- Do not take alcohol with the pain medication.
- Sex is fine whenever you feel up to it.
- Most athletes travel home on the first or second day after surgery. The second day is best.

Do not hesitate to contact Dr. Brown if you have questions. If you are worried about the wound, send him photographs by (drbrown@hernia-surgeon.com) or call (650) 703-9694.