



U WELLNESS
SURGICAL

POST OPERATIVE INSTRUCTIONS FOR UMBILICAL HERNIA SURGERY

Dear Patient,

You have recently undergone umbilical hernia surgery. To ensure a smooth recovery and optimal healing, please follow the postoperative instructions outlined below.

Immediately After the Procedure:

1. Rest and Activity:

- a. Rest for the remainder of the day after your surgery. Gradually increase your activity level as tolerated.
- b. Avoid strenuous activities, heavy lifting (more than 10 pounds), and vigorous exercise for at least 4-6 weeks, or as advised by Dr. Kim.

2. Pain Management:

- a. You may experience some pain, swelling, and bruising around the surgical site. Take the prescribed pain medication as directed. Over-the-counter pain relievers such as acetaminophen (Tylenol) can also be used if approved by Dr. Kim.
- b. Avoid NSAIDs like aspirin or ibuprofen unless otherwise directed, as these can increase bleeding risk.

3. Ice Packs:

- a. Applying ice packs to the surgical area for 20 minutes at a time, several times a day, can help reduce swelling and discomfort. Ensure the ice pack is wrapped in a cloth to avoid direct contact with the skin.

Diet and Hydration:

1. Diet:

- a. Resume a normal diet as tolerated. Start with light, easy-to-digest foods and gradually return to your regular diet.
- b. Include high-fiber foods such as fruits, vegetables, and whole grains to prevent constipation.

2. Hydration:

- a. Drink plenty of fluids to stay well-hydrated and promote regular bowel movements.

Hygiene and Wound Care:

1. Incision Care:

- a. Keep the surgical area clean and dry. Follow any specific instructions provided by Dr. Kim regarding wound care.



- b. You may shower 24-48 hours after surgery, but avoid soaking in a bath or swimming until your incisions are fully healed.

2. Dressings:

- a. If you have dressings over your incisions, follow Dr. Kim's instructions on when and how to change them.
- b. If you have steri-strips (small adhesive strips) over your incisions, allow them to fall off on their own.

Activity and Exercise:

1. Gradual Return to Activities:

- a. Gradually resume normal activities as you feel comfortable, but avoid heavy lifting, strenuous exercise, and activities that strain the abdominal muscles for at least 4-6 weeks.

2. Walking:

- a. Walking is encouraged and can help prevent complications such as blood clots. Take short, frequent walks and gradually increase the duration and distance.

Follow-Up Care:

1. Scheduled Appointment:

- a. Schedule a follow-up appointment with Dr. Kim as directed. This is typically within 1-2 weeks after surgery.
- b. Please call the office at 925-430-5613 to schedule your post-op appointment if it has not already been arranged. If you need to reschedule, please give 72-hour notice to avoid charges.

Potential Side Effects:

1. Mild Swelling and Bruising:

- a. You may notice mild swelling and bruising around the surgical site. This is normal and should resolve on its own.

2. Discomfort:

- a. Mild discomfort or a feeling of tightness in the surgical area is common and should improve within a few days to weeks.

When to Contact Our Office:

1. Severe Pain or Swelling:

- a. If you experience severe pain, significant swelling, or persistent discomfort, contact our office immediately.

2. Signs of Infection:

- a. If you develop fever, chills, increased redness, warmth, or drainage from the surgical site, seek medical attention promptly.

3. Other Concerns:



U WELLNESS
SURGICAL

- a. If you have any other concerns or questions about your recovery, do not hesitate to contact our office at (925) 430-5613.

Thank you for your cooperation. Following these instructions will help ensure a smooth recovery and the best possible outcome. We are committed to your health and well-being and are here to support you throughout your recovery process.

Sincerely,

Dr. Ran S. Kim

Colon & Rectal Surgery

U Wellness Surgical

(925) 430-5613

1399 Ygnacio Valley Rd, Suite 11-D, Walnut Creek, CA 94598

