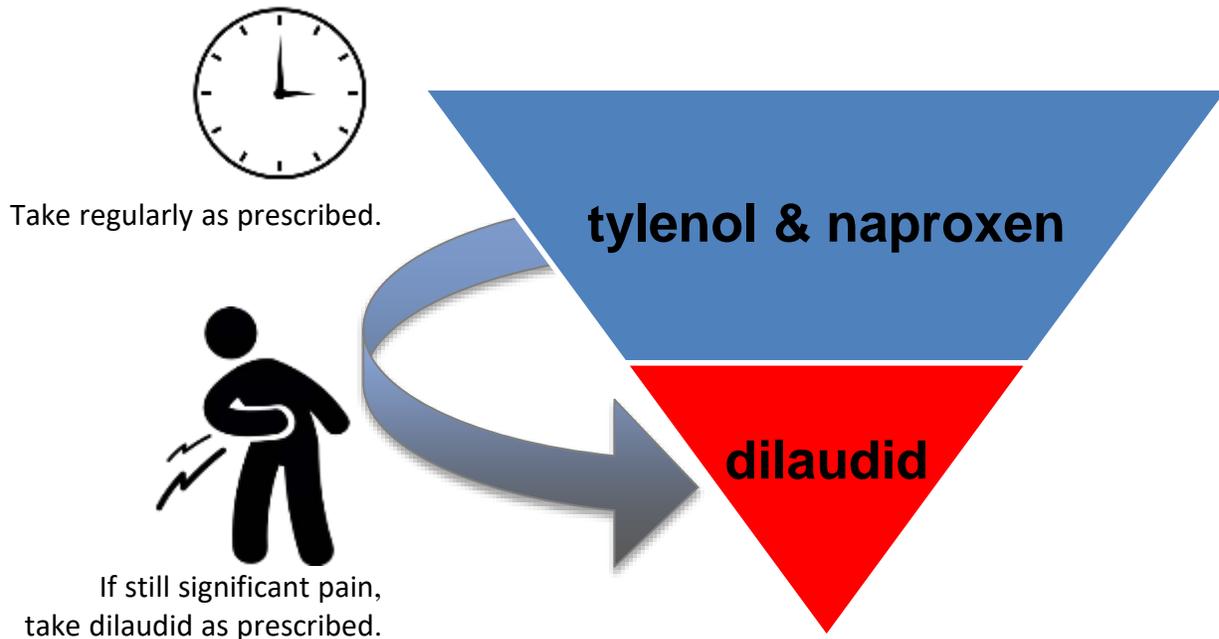




Discharge Instructions for Pain Management after *Hernia Surgery*

It is normal to have some discomfort after your operation. During your operation, local freezing and pain medication were given to help with this. Your pain should improve each day.



STANDARD PAIN MEDICATION INSTRUCTIONS

Please take the following medications with milk or food and follow all the instructions given to you by your pharmacist.

First 5 days after surgery take BOTH regularly as prescribed:

- **Naproxen (Aleve)**
- **Acetaminophen (extra-strength Tylenol)**

After 5 days you may take BOTH of the following if needed:

- **Acetaminophen (extra-strength Tylenol) 500 mg:** take 1-2 tablets every 6 hours as needed. MAX 4g/day.
- **Naproxen (Aleve) 500mg:** take 1 tablet every 12 hours as needed.

90% of patients have good pain control with these medications and not require anything stronger.



INSTRUCTIONS FOR *ADDITIONAL* PAIN MEDICATION

Only if you require a stronger pain medication, you may fill the prescription for **hydromorphone (Dilaudid)**.

Before taking dilaudid, review the handout “Opioids for pain after surgery”.

Dilaudid may also cause constipation so take a stool softner as prescribed or from the pharmacy such as **PEG**(ie brand: **Golytely, Colytely, PegLyte**), or **senna** (ie brand: **Ex-lax or Senokot**) take as needed by following the instructions on the bottle.

Please notify your surgeon if you have a history of stomach ulcers, liver disease, kidney disease or allergies to any of these medications. They will ensure your prescription is written with medications appropriate for you.