
 <p>WorkSafe WORKERS' COMPENSATION BOARD OF BC</p>	<p>WORKERS' COMPENSATION BOARD 6951 Westminster Highway, Richmond BC V7C 1C6 Telephone (604) 279-7576 Fax (604) 231-8423 Mailing Address: PO Box 5350 Stn Terminal Vancouver BC V6B 5L5</p>	<p align="center"><u>Simple* Herniorrhaphy**</u> <u>Post-op Rehabilitation Guidelines</u></p>
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These guidelines are intended for Claims and Clinical Staff as general guides for the direction, timing and expected outcomes for post-surgical rehabilitation patients/clients. These guidelines have been developed through an evidence-based process. The Section of General Surgery of the BC Medical Association has endorsed the contents. Deviations from these guidelines may occur based on the specifics of individual cases and surgeon preference.

Procedure:

Herniorrhaphy (hernia repair)** without post-operative complication*

Phases and Expected Time Lines	Rehabilitation Guidelines	Goals of the phase	Notes
Immediate post-op to day 1	<ul style="list-style-type: none"> • Discharge from hospital • Start indoor activities • Oral pain medication as needed • Wound dressing removal • Patient education on wound healing, include the role of collagen tissue and suture materials in the healing process • Adequate fluid intake ($\geq 2l/day$) and high-residue diet 	<ul style="list-style-type: none"> ➤ to overcome the effect of (general) anaesthesia ➤ to control post-operative pain and fatigue ➤ to avoid straining at stool 	
Day 2 - 5	<ul style="list-style-type: none"> • Basic activities of daily living without heavy lifting (i.e. no lifting > 25 lbs) • Self monitoring of body temperature, swelling at surgical site, urination problem • Oral pain medication as needed • Wound cleaning • Non-strenuous outdoor activities • Adequate fluid intake ($\geq 2l/day$) and high-residue diet 	<ul style="list-style-type: none"> ➤ to prevent wound infection ➤ to control post-operative pain ➤ to avoid straining at stool ➤ to prepare return to normal activities 	
Day 6 - 10	<ul style="list-style-type: none"> • Normal activity daily living • Pain medication as needed • Return to non-strenuous/sedentary work may begin • Appointment to see the surgeon if necessary 	<ul style="list-style-type: none"> ➤ to prepare return to non-strenuous work 	
Day 11 - 28	<ul style="list-style-type: none"> • Commence return to work 	<ul style="list-style-type: none"> ➤ to prepare return to work 	

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Special Considerations:

* ***Simple*** means without any pre-operative co-morbid illnesses and or post-operative complication. Post-operative complications may include pulmonary atelectasis; pulmonary embolism; pneumonia; thrombophlebitis; urinary retention; scrotal haematoma; bladder injury; testicular swelling, orchitis and testicular atrophy; vas deferens injuries; bowel injuries; nerve entrapment/injuries; wound infection and para-vesical suture granuloma.

** ***Herniorrhaphy*** includes all type of hernia either done through any open or laparoscopic procedure, mesh or non-mesh either unilateral or bilateral. It is expected that laparoscopic herniorrhaphy patients will return to normal activities/work sooner than those done through open procedure.

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