

Hernia Post-Surgery Rehabilitation

**THE HERNIA
CENTER**
Complete Hernia Care

UNIVERSITY
SURGEONS
ASSOCIATES, P. C.

Before Surgery

We are asked about the activities or duties that can be performed up until the time of surgery. The guidance we give is that pain should be the main limit on the activities allowed. Any activity or duty is permitted as long as significant pain is not created by the activity. For health and wellness, we encourage tolerated physical activity prior to surgery.

After Surgery

Day 0 to 14: From the day of surgery until two weeks, limited lifting (less than 15 pounds) is prescribed. There are no limitations of sitting, standing, bending or squatting as long as significant pain is not created with these activities. We encourage walking activities and permit the climbing of stairs. An abdominal binder may be provided for abdominal support. You will have an office visit at the end of this time period to check the healing incisions and hernia repair. If your job allows you to work within the prescribed activities restrictions, you may return to work.

Day 14 to 45: After being assessed in the office, if you are healing well your activity and lifting restrictions reduced. Lifting up to 25 pounds is now permitted, and non-impact aerobic activities can be started. This includes activities such as elliptical, treadmill, or stationary bicycle exercise machines. Additionally stretching and most physical therapy programs can be restarted. Sit-ups and core exercise are not permitted until 6 weeks. Again, if significant pain is created during an activity, it should be stopped for two weeks before trying again.

After day 45: At six weeks after surgery, your hernia repair is 85% healed. If your surgery incisions are healed and moderate or no pain is experienced, the activity and lifting restrictions are now removed. Most activities, exercises and work duties can be resumed without danger of damaging the repair. Intermittent and moderate episodes of pain should be expected and will improve with slow return to daily routines.

Long term: Our goal is to fix the hernia and return the patient back to normal living without restrictions. The long-term results of hernia surgery are good. Most people are able to return to their lives and jobs without restrictions. If moderate to severe pain persists with daily or work duties, additional restriction may be necessary. Your doctor will carefully monitor the individual recovery.