

# Our Services

## Surgical Care

Mr Bickford runs a patient-centred surgical practice servicing the Eastern suburbs of Melbourne at Knox Private Hospital.

He recognises that each patient has unique issues and with knowledge and experience, strives to provide the best possible outcomes.

## Physician Care

Mr Bickford's surgical management is complemented by a senior physician who is available for inpatient review, medical management and discharge planning.

## Nursing Care

Registered nurses play a key role in both pre and post operative care. They provide both in and out patient consultation, wound and symptom management, discharge support and post operative care.

## Administrative Support

Administrative staff ensure the necessary documentation and financial details are managed efficiently and any questions you have are answered.



## Contact Us

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**Appointments & Enquiries: (03) 9210 7277**

# Inguinal Hernia Repair

## Post Operative Instructions



**MR MICHAEL BICKFORD**  
GASTROINTESTINAL AND GENERAL SURGEON  
SURGERY | LAPAROSCOPY | ENDOSCOPY

# After your Inguinal Hernia Repair.

## Analgesia:

- Please take paracetamol if required  
You can take 2 tablets 4-6 hourly
- You can also take an anti-inflammatory (eg. Ibuprofen, Celecoxib, Diclofenac), with food
- You may also be prescribed something stronger by your anaesthetist. If the pain is still not controlled, despite paracetamol and an anti-inflammatory, please take these medications as needed
- If you are experiencing side effects from your pain relief medication, such as constipation please get onto this early with laxatives such as Movicol sachets twice a day or Coloxyl & Senna tablets three times a day. These medications can be purchased over the counter at your pharmacy
- Do NOT take any aspirin based analgesia
- Do not drive or operate machinery if you are taking prescribed medication

## Within 24 hours of your procedure you MUST NOT:

- Drive a car or take public transport unaccompanied
- Operate machinery
- Consume alcohol
- Sign any legal documents or make any responsible decisions

## On-going care:

- An appointment will be made for you prior to your discharge from hospital
- If this has not occurred, please call 9210 7277 to arrange a post operative appointment

If you experience any concerns, including unrelieved pain, hot or cold flushes or general feeling of being unwell, please contact our rooms immediately on 9210 7277.

For after hours assistance, contact the Emergency Department at Knox Private Hospital .

## Diet:

- There are no dietary restrictions
- Aim to eat nourishing, healthy foods
- To avoid post operative constipation please increase fluid intake

## Care of wound:

- Clear plastic dressings should be left on for five days. They are waterproof and you may shower as normal
- Any sutures will be removed at your follow-up appointment with the practice nurse
- Some bruising around the wound and/or genital area is quite common
- Wearing two pairs of new firm trunks or boyleg underwear will provide support

## Activity:

- You are encouraged to rest for the remainder of the day following your procedure
- Avoid lifting heavy objects greater than 15kgs or engage in vigorous exercise for a period of four weeks
- Avoid cycling for 4 weeks
- Gentle exercise, such as walking, is encouraged