

SPECIAL INSTRUCTIONS

OPERATING HOURS

Monday - Friday
9:00 a.m. -7:00 p.m.

Contact us at:
Ph.: 242-325-1566 Fax: 242325-1567
Email: contact@thesurgicentre.net
Centreville Medical Centre
Collins Avenue, Nassau, Bahamas

VISION

Our vision is to remain at the forefront of our field, by offering international grade surgery solutions at home. We strive to earn the trust of our clients through innovation, excellence in surgical technique and management. We will foster loyalty between patient and physician, through superior medical guidance and continuity of care; with unparalleled access to both.

MISSION

We aim to provide an innovative and relevant healthcare solution that is cost conscious and is lean and efficient; which offers advanced surgical options to our patients minimizing the need for in hospital care. To make surgery EASY.



POST-OPERATIVE GUIDELINES & PATIENT CARE





INCISION & WOUND CARE

During the first few days after **Inguinal Hernia Repair** surgery you may experience:

- ⇒ Bruising and swelling of your groin, which may extend to the genital region (scrotum for men; labia for women)
- ⇒ Some swelling or discoloration around the incision site, which is normal
- ⇒ Some fluid (yellow to light red to orange) may ooze or leak from the incisions; this is generally normal.

However, if the fluid is foul smelling, thick, or does not decrease in amount, call our office.

PERSONAL ACTIVITIES & RECOVERY

After having a Inguinal Hernia Repair surgery patients should refrain from:

- ⇒ Heavy lifting
- ⇒ Sexual activities for two (2) weeks
- ⇒ Strenuous activities for one (1) month

As you increase your activity, your discomfort will undoubtedly increase, but this is not harmful. Simply use common sense. When you start experiencing soreness or pain, it's time to slow down or stop what you are doing. Walking will be the best form of exercise.



WHEN TO CONTACT THE OFFICE

Please call the office if you experience any of the following:

- ⇒ Persistent fever over 101° f
- ⇒ Increasing swelling at the incision
- ⇒ Pain that is not relieved by your medications
- ⇒ Persistent nausea or vomiting
- ⇒ Chills
- ⇒ Purulent drainage (pus) from any incision
- ⇒ Redness surrounding any of your incisions that is worsening or getting bigger
- ⇒ Inability to eat or drink liquids