



# ANDREW ONG FRACS

Breast & Endocrine (Thyroid/Parathyroid) Surgeon  
Laparoscopic General Surgery  
Gastroscopy & Colonoscopy (GESA-accredited)

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## -- Going home after a Hernia repair: DOs and DON'Ts --

For a minimum of 6 weeks, please **DO NOT**:

1. Perform lifting activities requiring weights of more than 5-10 kg
2. Perform activities requiring effort with pushing or pulling
3. Squat
4. Swim (in public or private pools, or lakes and rivers), mow the lawn (including ride-on mowers), Pilates, go to the gym for weight-training, do the laundry, lawn bowls, row, rock climb, climb up and down ladders, pull weeds.
5. Rough sexual activities. If possible, try to abstain for 2-4 weeks. If not possible, go easy & slow.
6. Drive or operate heavy machinery for 1-2 weeks. Driving is allowed after 1-2 weeks when you feel you can react in time (you can practice this by stepping hard on the brake without starting the car).
7. Perform activities that require you to scrunch up the stomach muscles (i.e. increase intra-abdominal pressure).

You are **ENCOURAGED** to:

1. Walk as much as possible. Long walks are good.
2. Keep a straight back and good posture. Hunching can cause increased muscle spasm and pain.
3. Consume adequate fluids and void/urinate frequently.
4. Keep your dressing dry for at least 2 weeks. Change the dressing (GP or DIY) if it becomes soiled.
5. Move your bowels frequently. Avoid constipation. Avoid straining.
6. Eat a balanced diet.

You should have been discharged from hospital with:

1. Oral antibiotics for 5 days (Keflex/cephalothin or Augmentin or Bactrim, depending on allergy)
2. Pain-killers (usually TARGIN). Dr. Ong does not like Panadeine forte as it constipates.
3. Laxatives to help your bowels move (usually ACTILAX / MOVICOL / METAMUCIL / Macrogel)
4. Instructions on when to recommence your blood-thinners again.
5. Please make an appointment to see Dr. Ong in the rooms in 4 weeks. Call (02) 4629 0900.

Dr ANDREW ONG

Breast, Endocrine & General Surgeon



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