

DOCTOR PROTOCOL: Hernia (Lap or Open)
DR STUART PINCOTT

Authorised by **Dr S Pincott/ C Tysoe**
Authorised on **15/09/2016**

185 Fox Valley Rd
Wahroonga NSW 2076
Phone: 02 9487 9111
Fax: 02 9487 9266
Web: www.sah.org.au



=====
DISCHARGE INSTRUCTIONS
=====

Activity:

- Take it easy when you get home. Go for short walks regularly, increase daily
- Avoid any strenuous activity including heavy lifting and sport for 4 weeks
- You can drive a car after 1 week
- Make sure you contact your doctor if you have any problems

Diet:

- As desired

Wound:

- Shower and pat your wound dry

Appointment:

- Make an appointment to see your doctor in 4 weeks' time