

UMBILICAL AND INGUINAL HERNIA REPAIR

Due to the area of surgery, some men can experience some bruising along the incision as well as swelling and bruising along the penis and scrotum. You can wear tighter briefs or a jock strap to help with discomfort and swelling. A heating pad can help with pain and discomfort; this can be alternated with ice packs. If you can take Ibuprofen you can do so to help with the inflammation, just alternate this with your pain medication that you are sent home with after surgery.