## Post-Operative Instructions for Groin Pain (Ilioinguinal, iliohypogastric, genitofemoral, and lateral femoral cutaneous nerves)

* Activity
  + Keep activities limited to only your “needs” and not your “wants” for 3 weeks
    - Needs- bathroom, kitchen, changing seats, daily needs. **NOT**- walking around mall, “exercise”, laundry, mowing grass- let someone else do it
  + After your doctor has removed your dressings, walking is a good exercise post-operatively, use good judgment and try not to exert yourself avoiding fatigue and severe pain.
    - Start with short walks, stop before you regret it, but continue to work a little more each day
    - Remember – “be the tortoise not the hare” – “slow and steady wins the race”
  + Water walking is a great self-directed physical therapy. Find a pool 2 weeks after surgery. Walk laps around the pool; slowly increase the number of laps
  + STOP IMMEDIATELY IF INCISION BEGINS TO COME APART
    - Or if you are concerned about the appearance of incision
* Wound Care
  + May take shower
    - If incisions are already covered in plastic dressings there is no need to cover when showering
* Once dressing is removed it is ok for it to get wet
  + Pat the incision dry, do **not** rub (for sutures and glue)
* Apply an ice pack to help with swelling or discomfort for no longer than 45 min at a time, insert a thin layer of cloth between skin and ice
  + Cooling devices are fine to use. Make sure to have a layer of cloth between skin and device
* Anti-Inflammatories (motrin, advil, aleve) may be used as tolerated
* Your incision should look better every day. If it looks red, inflamed, or starts to hurt more and more- NOTIFY IMMEDIATELY
* Driving
  + As Passenger:
    - Be aware of incision and placement of seatbelt
  + As Driver:
    - Consult Dr. Williams about driving while on pain medications
* Follow-Up Visits
  + 1 week post-op visit to remove dressing
  + 2nd follow up about 4-6 weeks after surgery
* If you are not progressing appropriately and would like to try formal physical therapy, please contact us