

## Follow-up

Call the hospital below for a follow-up appointment in:

- No follow-up required
- 10-14 days
- 4 weeks
- 6 weeks
  - Hôpital Charles-Le Moyne outpatient clinics**
  - Hôpital du Haut-Richelieu outpatient clinics**

## Contact information

### Hôpital du Haut-Richelieu

920 boulevard du Séminaire Nord

Saint-Jean-sur-Richelieu (Québec) J3A 1B7

Outpatient clinics

Tel.: 450-359-5000, ext. X and ask for the appointment centre

### Hôpital Charles-Le Moyne

3120 boulevard Taschereau

Greenfield Park (Québec) J4V 2H1

Outpatient clinics

Tel.: 450-466-5000, ext. 5054

## Production

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## Groin or armpit surgery

## Information brochure

You've had groin or armpit surgery:

- Inguinal hernia repair
- Hidradenitis suppurativa in the groin or armpit

## General instructions

- After getting home and for the first 48 hours, apply ice to the surgical site for 15 minutes, every 1-2 hours, as tolerated.
  - Wrap your ice pack in a washcloth to prevent it from touching your skin directly.
- Move your operated arm(s) or leg(s) to reduce swelling.

### \*Special information about inguinal (groin) surgery

- Bruising around the scrotum or at the base of the penis is normal. It will take a few weeks to disappear completely.

### For the first 7 days after surgery

- Avoid straining the body part that was operated on.
- Avoid applying cream, lotion or deodorant to the incision.

### For the first 14 days after surgery

- Avoid strenuous exercise.
- Avoid baths, hot tubs and swimming pools.

## Restarting your usual medication

- You can start taking your usual medication again immediately after the surgery. However, do not take any medication that contains aspirin, unless instructed otherwise by your surgeon.

## Wound care

- Remove the dressing on: \_\_\_\_\_
- Remove the wound closure strips on: \_\_\_\_\_
- Have the sutures removed on: \_\_\_\_\_

## Things to watch for

If you notice any of the following signs, go to the Emergency department:

- Bleeding from the wound more than 24 hours after surgery.
- Pain at the surgical site that is not relieved by medication.
- Signs of infection in the wound: redness, swelling, heat, yellowish or greenish discharge, or a fever of 38 °C (100.4 °C).
- Opening of the wound.
- Inability to urinate for more than 8 hours.