

Recovery After Hernia Surgery

Most hernia repairs are carried out as day-case procedures, and patients recover quickly. The exact timeline depends on the type of hernia and the size of the repair, but the outline below reflects what many people experience.

First Few Days

How you may feel

- Mild or moderate discomfort around the repair site
- Bruising and swelling (especially after inguinal repairs)
- Tiredness or stiffness when moving

Activity

- Gentle walking is encouraged from the first day
- Avoid heavy lifting or strenuous activity for 4 weeks
- Short, regular movement helps reduce stiffness

Eating and drinking

- Most people return to normal foods as tolerated
 - Keep hydration good to reduce constipation
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Week 1–2

Pain & mobility

- Discomfort usually improves significantly
- Most people return to desk-based work within 7–10 days

Wound care

- Glue dressings are placed over the incisions and are waterproof so showering and washing should be fine
- Please contact the team if the wounds look inflamed or infected
- Mild swelling or firmness around the repair is common

What's normal

- Occasional twinges

- Mild pulling sensations
 - Gradual increase in walking
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Week 3–4

Activity

- Light exercise such as walking, gentle cycling or swimming
- Avoid lifting heavy objects (>10–15 kg)

Symptoms settling

- Bruising and swelling should now reduce
 - Movement should more comfortable
 - You can resume driving once you can perform an emergency stop comfortably
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4–6 Weeks

Return to normal activities

- Most patients feel back to normal
 - You can resume gym activity, running and heavier lifting if comfortable
 - Any remaining tightness around the repair should gradually reduce
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When to Seek Medical Advice

Contact your healthcare provider if you develop:

- Increasing or severe abdominal or groin pain
- Fever or redness around the wound
- Persistent vomiting
- Difficulty passing urine
- Rapid swelling at the repair site
- Concerns about wound healing