



The operation at a glance: Lichtenstein

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| Preparation: | - Possibly pause blood thinning medication after consultation with the surgeon. - Stop consumption of nicotine and alcohol, if possible. |
| OP duration: | 30 to 45 min. |
| Operation type: | open |
| Applied technique: | Lichtenstein / with net |
| Pre-op: | - Blood count - Possibly ECG |
| Anaesthesia: | local anaesthesia, regional anaesthesia or general anaesthesia are possible. |
| Hospital stay: | usually 2 days because of the wound drains |
| Getting up: | possible immediately |
| Showers: | possible immediately, as our dressings are waterproof. |
| Bathing, swimming, sauna: | possible again after 10 to 14 days |
| Sexual intercourse: | allowed as long as you do not feel pain. |
| Able to work: | approx. 2 weeks incapacity for work |
| Sport / training: | You must not jog or ride a bicycle for 2 weeks after the operation. Everything else, including lifting heavy loads, is allowed as long as you do not experience any pain. |
| Follow-up care: | During the first 3 - 5 days the wounds can be cooled with a cold pack (15min every 3 - 4 h). Do not apply ointment to the scar for the first 7 days. Then protect the scar for 3 months from direct sunlight and care for scars with scar cream. Often after an abdominal operation, the abdomen is slightly distended or thicker. This will disappear after about 2 weeks. Avoid pressing and hard stools for the first few weeks. If necessary, take a mild laxative. |
| Follow-up: | An ultrasound check takes place after 6 weeks. If complications arise, please contact us. |