



The operation at a glance: Shouldice / Minimal Repair

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.
Surgery preparation:	age-dependent, blood count, inflammation values in consultation
Operation type:	open
Applied technique:	Shouldice or minimal repair, without mesh
Pre-op:	- Blood count
Anaesthesia:	local anaesthesia, regional anaesthesia or general anaesthesia are possible.
Hospital stay:	In the case of unilateral surgery, the procedure can be performed partly on an outpatient basis. In the case of bilateral surgery, the patient is kept in hospital for a maximum of 1 night for monitoring.
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:	Office work is possible after 2 - 3 days. For heavy physical work you are 100% unable to work for 4 weeks.
Sport / training:	No sport is allowed for 4 - 6 weeks and lifting heavy loads is prohibited.
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.