

Guidelines for invasive procedure aftercare

Umbilical hernia and Inguinal hernia

Stay in the hospital	1 night
Initial follow-up visit	On the 1st-2nd week
First shower	On the 4th-5th day
Wear supportive underwear	1-2 months
May go to work	After 1-2 weeks
Swelling and bruising appear	1 month
Avoid physically hard work	2-3 months
Avoid sexual relations	1 month
Threads self-dissolve	For 3-4 week
Forbidden to smoke	1 month
May go to sauna	After 1 month
Decrease of sensitivity in tissue may manifest	3-6 months
Outcome can be evaluated	After 1 month
Protect skin from UV radiation	For 1 year