





Schedule of over-night surgery for adult inguinal hernia

mm/dd	first hospital visit	second hospital visit	pre-operation day	operation day	post-operation day	after surgical consultation
plan and goal	The patient understands the hernia and treatment.	The patient understands the process of admission.	The patient understands the duration of fasting.	The patient faces the operation calmly The patient can claim his/her pain, if he feels any pain after surgery.	The patient understands the process of recovery.	
treatment, medication				Please come to the hospital by 8:45. We give you a drip infusion. We give you antibiotics during the operation. You may have to wear an O2 mask after surgery.	You can be discharged after checkup We prescribe you some pain killer tablets. 	Please visit our clinic 1 week after the surgery.
Examination	X-ray, Blood exam., Urine exam., ECG			X-ray after operation in the operation room		
activity and rest	no precaution			You can walk after the anesthetic wears off. A nurse will assist you.	You can go home by foot, taxi, train or airplane.	You can do hard work maybe 1 week after the surgery.
food	no precaution		Please don't have any food and drink after 9 p.m.	No food no drink You can have liquids 3 hours after surgery. 	You can eat breakfast. 	There are no restrictions on food after discharge.
sanitation requirement	no precaution		Please take a bath.		You can take a shower after discharge but you can dip your wound in hot bath water 1 week later.	
urination	no precaution			We may set you a urethral catheter.	(We remove the catheter) We ask you if you can urinate.	
informed consent	The doctor gives you some information about the hernia treatment. Please sign the letter of consent. 	Please visit an anesthesiologist. Please let the anesthesiologist know your past history and medication.	Necessities on admission Teijitai (Japanese pant) one bath towel, 2 or 3 towels toilet set a pair of slippers * except bedclothing	A pharmacist will give you some information about medication.	Please take a tablet of pain killer when you feel any pain. You can take pain a killer every 3 hours. You can take aspirin warfarin or other medications from the second A nurse will give you some information about after your	