



Dellon Institute for Peripheral Nerve Surgery

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POSTOPERATIVE INSTRUCTIONS

Groin and Hip Surgery

(lateral femoral cutaneous, ilioinguinal, genitofemoral, iliohypogastric nerves)

- If you have a bandage, please keep it clean and dry.
- If you do not have a bandage, you may shower and wash with a mild soap and water on day 2 after surgery.
- Apply an ice pack (over a cloth) to operative area to help with swelling and comfort. Pack should be removed after being applied approximately 15 minutes. (To avoid frostbite, do not leave the pack on any longer than 15 minutes.) This should be repeated every hour while awake for the first 24 hours after surgery.
- Please call to schedule your appointment, which should be approximately 7 days after surgery, at which time the dressing will be removed.
- Sutures are removed about 2 weeks (14 – 17 days) after surgery. Some incisions will be sealed with skin glue and will not need suture removal.
- A numbing medication was used in the operative field for better postop pain control. Some patients will feel numbness in this area or distal to it. This resolves within 24 hours after surgery. Some of the numbness is due to removal of the nerve, and that is expected.
- Patients requiring nerve resection for painful neuroma should remember that the majority of patients experience reduced neuroma pain immediately after the surgery, but some can experience the same or even worse pain. These variations are all normal postoperatively.
- As the swelling progresses during the first week and stays for an additional 1-3 weeks or so, you could still experience pain in the operative field and this is normal. Pain is then related to the resected live end of the nerve that was positioned deep in the subcutaneous tissues or muscle. That pain can sometimes be felt by pressing in the areas adjacent to the operative field. You are instructed not to do so because the live resected end of the nerve needs to be allowed to settle down without unnecessary external stimulation.
- Regarding your postop pain medication regimen, you should continue taking medications after surgery depending on your pain requirements, especially if you were on neuropathic pain medications before surgery. In that case, your pain management doctor should help you to slowly taper your medications in 2 or 3 months.
- You should slowly resume normal activities, but you should not lift anything more than 5 pounds for the first 6 weeks.

THE DELLON INSTITUTE

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