



Hernia Recovery Chart

Day	Pain Level	Work & School	Activity at Home & Work	Exercise & Athletics
0-4 First weekend	Moderate pain, often requires oral prescribed pain pills (Percocet, Codeine)	Patients should expect to be off from work or school for this time period	No important plans or events should be considered for this time period. Only basic daily functions should be performed: walking around the house, visiting the store, eating at home	No athletic activity should be performed during the first weekend
4-7 First week	Mild pain, occasional pain pill or Tylenol & Advil	Most patients will be able to return to work or school by post operative day 4, no lifting, expect to be 50%-75%	Most patients will be able to resume light activities around the house and at work or school	Some light stretching, biking, walking and other slow paced activities can be performed
7-14 Second week	Occasional discomfort, some stiffness or soreness, Tylenol or Advil	All patients will be able to return to work or school but with lifting limitations of less than 20 pounds, expect to be 75%	Patients will be able to resume most activities around home and work that do not include lifting more than 20 pounds	Jogging, biking, yoga, Pilates, leisurely tennis, light weights at the gym (less than 20 pounds)
14-21 Third week	Oral medicines are not usually required	All patients will be able to return to work or school but with lifting limitations of less than 20 pounds, expect to be 85%	Return to normal home and work activities without heavy lifting (more than 20 pounds)	Running, cycling, yoga, Pilates, core training, swimming, surfing, tennis, golf, light weights at the gym (less than 20 pounds)
After third week	Oral medicines are not usually required	Patients will be able to perform all activities at work or school without limitations, expect to be 95%	Return to normal home and work activities including any heavy lifting that is required	Patients can return to all athletic activities including contact sports, heavy lifting (squats, dead lifts, bench press, etc), as well as training and competitions.

Although this chart was compiled based on the average recovery of numerous hernia patients, each person will recover differently. The most important aspect of recovery is to listen to your individual body: if it hurts – stop, if it’s sore – ice it and take a day off. Also, keep in mind that it’s not uncommon for patients to feel pulling, tugging, aches, burning, heaviness, swelling, occasional sharp pains, and overall ‘discomfort’ for weeks to months after hernia surgery. Sexual activity can be resumed when it is comfortable to do so.