

Coping With Hiatal Hernia Surgery Recovery



Follow prescription pain medication directions carefully



Take OTC NSAIDs as necessary



Adhere to your post-operative diet exactly



Try heating pads (do not apply directly to skin)



Be mindful of your incisions' healing process

Post Op Hernia Repair Care

Rachel Sandford

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name bar.

Post Op Hernia Repair Care:

Ignite the flame of optimism with is motivational masterpiece, **Post Op Hernia Repair Care** . In a downloadable PDF format (PDF Size: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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