

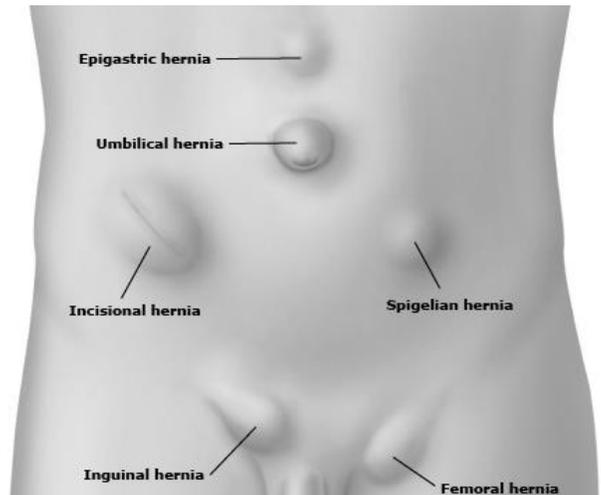
North Bay Regional Health Centre

Surgical Care Centre Hernia Repair Surgery

A **hernia** is a weak or torn area in a layer of tissue. Hernias can happen in different parts of the body and occur at any age.

Symptoms of a hernia can include:

- A pulling or tugging feeling
- Dull pain that gets worse when straining, lifting, coughing, or otherwise using the muscles near the hernia
- A bulge or lump at the site of the hernia



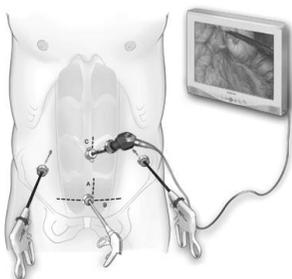
Most of the time, the hernia can be “reduced” or gently pushed back into place. There are times when the hernia cannot be pushed back into place and if this happens, **you must go directly to the emergency department as soon as possible.**

How are hernias repaired?

There are 2 different ways that surgeons can repair hernias.

1) **Open surgery** – The surgeon makes one incision near the hernia where the bulging tissue is gently pushed back into place. Next, the surgeon sews the weak tissue layer back together. In some cases, the weak area will be patched with a piece of mesh.

2) **Laparoscopic surgery** – An instrument called a laparoscope is inserted through a small incision. The scope is connected to a video camera which allows the surgeon to see inside the body while performing the operation. Three or four other small incisions are made to provide openings for other tools which repair the weak tissue layer either with stitches alone or with mesh.



After Surgery:

- It is normal to experience mild pain at your incisions site(s).
- If you had laparoscopic surgery, you may also experience cramping (gas) in your abdomen for 2 to 3 days as well as shoulder pain.
- Sometimes nausea and vomiting may occur as a side effect of both the surgery and the medications used for anesthesia. This tends to be limited to 1-2 days after surgery.

Recovery:

- Most patients who have a hernia repair will go home from the hospital on the same day as surgery.
- You will be encouraged to get up walking and to do light activities soon after surgery to help with healing.
- Heavy lifting, sports, and swimming are to be avoided until your surgeon says you may do them.
- You may need help with groceries, driving, and household activities during your recovery.

Important Reminders:

- Wear loose fitting clothes the day of your surgery.
- You will need acetaminophen (Tylenol Extra Strength) 500 mg, ibuprofen (Advil or Motrin) 200 mg, and dimenhydrinate (Gravol) 50 mg at home to help with pain and discomfort at home after your surgery.
- Arrange to have someone drive you home and stay with you for 24 hours after your surgery.

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