

TREATMENT CENTRE

OPERATION: HERNIA REPAIR UNDER A LOCAL ANAESTHETIC

WHAT IS A HERNIA?

A hernia is a weakness in the abdominal wall through which part of the bowel or other abdominal contents may protrude. This may cause a swelling in that area, which may be painful. The repair may be done under a local anaesthetic - whereby the area is anaesthetised (numbed), with an injection, so that you cannot feel any pain during the operation.

ALTERNATIVE OPTIONS FOR TREATMENT

Any suitable alternative treatment should have been discussed with you at your outpatient appointment. If this was not the case, please do not hesitate to ask for further information.

PREPARATION REQUIRED BEFORE SURGERY

The day you are due to come to the Day Case Unit, it would be helpful if you take a bath or shower.

WHAT WILL HAPPEN WHEN YOU ARRIVE ON THE DAY CASE UNIT?

The surgeon will ask you to sign a consent form for the operation and will put a mark on your skin near to the hernia. You may be given graduated compression stockings to wear on your legs prior to the operation, to prevent a deep vein thrombosis.

FOLLOWING SURGERY

You will be offered something to eat and drink.

The local anaesthetic injection given should keep you comfortable for a few hours; however, if you experience any pain or discomfort following the surgery please inform the nurse who will offer you painkillers.

Information



You will have a dressing over the wound.

The nurse will assist you to get out of bed when you are ready. This is to ensure that you do not have any weakness in your leg. If weakness occurs, it is usually due to the local anaesthetic and will wear off in an hour or so.

You will need to stay in hospital for approximately 2 hours following the operation, depending on the site of the hernia and whether surgical mesh is used.

GOING HOME

You must be taken home in a car or taxi. You must be accompanied home by a responsible adult (18 years or over). It is advisable that a responsible adult stays with you for 24 hours following surgery.

WHAT ARE THE BENEFITS?

The majority of patients today, if fit for operation, are advised to have their hernia repaired surgically. The use of a surgical truss is outdated and only relevant for some elderly patients or those that are unable to undergo surgery.

Many hernias are repaired with the aid of a surgical mesh.

If the condition is not treated the hernia could enlarge, obstruct or strangulate.

WHAT ARE THE RISKS?

The majority of operations are uncomplicated; however, it can be expected that some bruising will occur around the wound. There is also a slight risk of the wound becoming infected. If the wound becomes red, hot to the touch, painful, swollen; or if you feel unwell, you must seek medical advice.

Hernias can recur after repair. Recurrence rates have been quoted as low as 0.6% and as high as 10% (Oxford Textbook of Surgery). By avoiding heavy lifting, and straining for 4 weeks, this may help reduce the risk.

Hernia Repair (LA)(TC)

References: Audit of post-operative pain following hernia repair, DCU Sept 2000
Oxford textbook of surgery, 1994. Peter J Morris and Ronald A Malt.

www.doctoronline.nsh.uk/testproc/surgery/hernia/htm

Reviewer: Karen Judge, ward sister DCU

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POST SURGERY INSTRUCTIONS

- Usually the skin stitches are dissolvable (they will take 3 – 6 weeks to dissolve). Occasionally, the surgeon will use non-dissolvable stitches, these will need to be removed at your GP surgery 7-10 days after your operation. You will be advised on the day
- Leave the dressing over the wound for 48 hours.
- You can have a bath or shower after 48 hours, but avoid long soaks in the bath for a week.
- You may experience some pain and discomfort once the effect of the local anaesthetic begins to wear off. It is advisable to take painkillers regularly as instructed. Do not exceed the recommended dose as written on the packet.
- You will need to keep the graduated compression stockings on your legs for 5 days (day and night).
- You can move as comfort allows and activity is encouraged from the start.
- Drink plenty of fluid and take plenty of fibre to avoid constipation. If you are prone to constipation you may need to see your GP for a mild laxative.
- Following surgery, if passing urine is difficult or painful, please contact your GP or out of hours phone KEYDOC (01536 522955).
- You should take 2-4 weeks off work, depending on how strenuous your job is. If your job involves heavy lifting or strenuous activity you will need to take up to 6 weeks off. You will be provided with a sick note on the day of surgery.
- You should not drive for at least 7-10 days. You should check your motor insurance policy before driving again as some policies do not cover their clients for a certain length of time following surgery.

**If you have any concerns, please contact the Surgical Day Case Ward
8.00am – 5.00pm, Monday to Friday
☎ 01536 493680
Outside of these hours please contact your GP**

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