

## Hernia Surgery Information

### What is a hernia?

A hernia is a weak area or tear in your abdominal muscle. The weakness allows part of an organ, usually the intestine, to partially go through the tear. There are a few different types of hernias. Hernias often look like a pouch or soft lump sticking out of the abdomen.



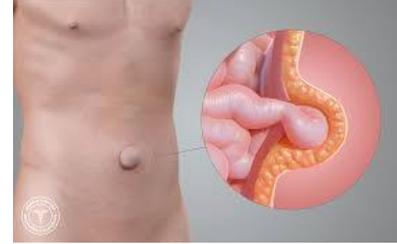
### Inguinal hernia

An inguinal hernia is a hernia in the groin



### Incisional hernia

An incisional hernia occurs at an earlier surgical site in the abdomen



### Umbilical hernia

A hernia that occurs by the belly button

### Surgery

Your surgery can be done with one incision called “open” surgery, or it can be done “laparoscopically” with a few small incisions. Laparoscopic surgery is done with thin tubes with a light and a tiny camera through the incisions. This makes it so the doctor can see the hernia to repair it with tools and place a mesh. The mesh fixes the tear in the muscle by strengthening the tissue.

### Day of Surgery

You will be asked to come to Memorial Hospital 90 minutes before your surgery. You will come to the Surgery Admitting Department. The nurses will start an IV, review your medications, medical history, and get you ready for surgery. An anesthesiologist will talk to you about your sedation during surgery. You are encouraged to have 1 or 2 family members to stay with you during this time. When you go to surgery, your family or friend will be asked to wait in the Family Waiting area. They will be updated throughout your surgery.

### After Surgery

When surgery ends, you will be taken to the Recovery Room where your vital signs and symptoms caused by the surgery will be monitored. Please help the nurses know by reporting pain, nausea or any other symptom of discomfort. You will be ready for discharge when your vital signs are stable and you are answering questions appropriately. One family member will be invited to come to the Recovery Room and instructions will be given to both of you. Please make sure you take this time to ask all your questions. You will go home with a prescription for pain medication.

### What to Expect

Inguinal hernia surgeries may cause swelling of the scrotum and testicles in men. If you have difficulty urinating, please call your doctor. You might have bruising that turns the area black, blue and purple. This is normal. You can help prevent this by wearing tight underwear or scrotal support. Place an ice pack wrapped in a towel over the surgical incision for 20 minutes at a time four or five times a day. This will help the swelling go down.

### Instructions May Include

Follow your doctor’s instructions, which includes no heavy lifting, pushing, pulling or straining. This is important to allow the surgical site to heal. Do not take baths, go in hot tubs, swim or soak your incision. This can increase your chance of developing an infection.

### When Should You Call Your Doctor?

You should call your doctor if you start having pain, nausea, and vomiting not controlled by the medication prescribed or if you develop signs and/or symptoms of infection. This includes fever, chills, increased redness, swelling or green, yellow or brown drainage from your incision.