Open inguinal hernia repair (hernioplasty)

Wound care

During the operation, the hernia is closed with a mesh inserted through an incision made in the groin. The gauze bandages covering the wound may be removed 24 hours after the procedure. Wash your hands before handling the bandages. You can take a shower after removing the bandages. Do not use soap on the wound area or rub it. After surgery, bruising and haematomas may appear in the lower abdomen and genital area. They will gradually disappear and do not generally require any treatment.

If the incision is closed with absorbable stitches, going to the sauna, taking a bath and swimming is allowed 10 days after the procedure. If you have stitches that need to be removed, make an appointment with a nurse____________________________.

Going to the sauna, taking a bath and swimming is allowed once the stitches have been removed.

Pain management

You can take painkillers available from the pharmacy without prescription to alleviate the pain in the wound area. If necessary, the doctor performing the operation can write a prescription for you. During the procedure, a long-lasting anaesthetic may be applied to the wound area to reduce pain. When coughing or sneezing, you should support the wound with your hand to prevent pain. Applying an ice pack to the wound area for 10–15 minutes every 2–3 hours reduces pain and bruising.

Physical activity

After the procedure, you may resume light physical activity according to how you are feeling. Being up and about helps the hernia mesh to settle and reduces the formation of scar tissue in the operated area that may impair mobility. Heavy lifting (above 3 kg) as well as strenuous exertion, pushing and pulling should be avoided. During the first week after surgery, you should get in and out of bed with your healthy side first, supporting the wound with your hand. The amount of exercise may be increased gradually as you recover.

Sick leave

The doctor performing the operation will write a sick leave certificate for you.
Contact information

Please get in touch if,
- your recovery does not proceed as expected and you start feeling worse
- you have increasing stomach pains
- you have fever above 38°C
- increasing warmth, redness or swelling appears in the wound

Day Surgery Unit, Monday-Friday 8 am-5pm
Phone 02 627 3840

Surgical ward 3
Phone 02 627 6230

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