**Umbilical hernia repair**

A hernia is a weak **spot or an opening in the abdominal wall where intestines or omentum can bulge into a hernial sac**. Umbilical hernia can be found, as its name indicates, around the belly button. Symptoms are pain and bulging near the area of the belly button.

**Procedure**
The operation is usually performed under **general anaesthesia. A small hernia can also be repaired under local anaesthesia.** A non-absorbable synthetic mesh is usually used to repair the hernia. A small opening in the abdominal wall can also be repaired with non-absorbable sutures.

**Recovery**
You may walk and move freely as allowed by the pain after the operation. Avoid sudden movements and physical effort, such as pushing, pulling, heavy lifting, and carrying for the duration of your sick leave.

**Wound care**
You can remove the folded bandages one day after the operation and take a shower.

A. Absorbable sutures have been used to close the wound. The wound tape can be removed after one week. You can go to the sauna, swim, or bathe after 2 weeks.

B. Non-absorbable sutures have been used to close the wound. They should be removed after about 10 days at your health centre, occupational health unit, or health clinic (neuvola) (_____/______ date). The wound tape is removed at the same time. You can go to the sauna, swim, or bathe one day after the removal of the sutures.

**Pain management**
A local anaesthetic agent is often injected into the wound area at the end of the operation to reduce postsurgical pain. **You are recommended to take painkillers regularly for 1–4 days** and after that when necessary:

Paracetamol
__________________________
Anti-inflammatory
__________________________
Strong painkiller
__________________________
Other medication
__________________________

A **Follow-up visit** is not usually required.

**Sick leave** is usually 1–3 weeks depending on the type of surgery performed and your occupation.

**Contact us**
If you experience signs or symptoms of infection (increasing pain, heavy swelling, heat, redness, drainage of pus from the wound) or other problems, please contact the treating unit.

Day Surgery Unit, Monday–Friday, 7:00–17:00, tel. (06) 213 1552
Accident & Emergency Clinic at other times, tel. (06) 213 1001
Your own health centre or occupational health unit

*This instruction is intended for our patients who are in a care relationship*