

Laparoscopic inguinal hernia repair

You have had laparoscopic inguinal hernia repair surgery. During surgery, the hernia hole in the groin was repaired with a mesh with the help of endoscopes.

Wound care

After the operation, there may be bruising and swelling in the wound area. Men may also have bruising and swelling in the scrotum.

No treatment is generally needed; the bruising and swelling will disappear as you recover.

You can remove the dressings covering the wounds 24 hours after the operation. Wash your hands every time before handling the dressings.

You can take a shower after you have removed the dressings. Do not use soap on the wound or rub it. If the wound bleeds after showering, cover it with a clean dressing.

You can go to the sauna or take a bath 10 days after the operation or once stitches have been removed.

If you have stitches that need to be removed, make an appointment at your local health centre.

The stitches will be removed on _____.

Pain management

During the procedure, a long-lasting anaesthetic is applied to the wound area. It reduces pain on the day of the procedure. You can also take painkillers available from the pharmacy without prescription. If necessary, your doctor will give you a prescription for pain medication.

Using painkillers regularly for a few days after the operation will promote your recovery considerably.

When coughing or sneezing, support the wound with your hand to prevent pain.

After the operation, you may experience pain in your shoulder and diaphragm area.

This is normal and will usually go away in a couple of days.

Physical activity

After the operation, you may resume light physical activity according to how you are feeling.

Being up and about helps the hernia mesh to settle.

It also reduces the formation of scar tissue in the operated area.

Avoid heavy lifting (more than 3 kg). You should also avoid heavy exertion, pushing and pulling.

Diet

A balanced diet and regular meals promote recovery and prevent constipation.

To avoid constipation, drink plenty of fluids and eat high-fibre foods.

Sick leave

The doctor who performed your surgery will write a sick leave certificate for you.

Get in touch

Please get in touch if:

- your recovery does not go as expected and you start feeling worse
- you have increasing stomach pains
- you develop a fever above 38°C
- there is increasing warmth, redness or swelling in the wound area.

Contact information

Day Surgery Unit
Monday to Friday, 8 am–3 pm
Tel. 02 627 3840

Operation ward's discharging nurse
Monday to Friday, 8 am- 3 pm
Tel. 044 707 7488

Surgical ward 3
Tel. 02 627 6230