

Open inguinal hernia repair surgery

You have had open inguinal hernia repair surgery. The hernia hole has been closed with a mesh.

Wound care

After the operation, you may have bruising and swelling in the lower abdomen and genital area.

As a rule, no treatment is needed; the bruising and swelling will disappear as you recover.

You can remove the dressings from 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 wounds or rub them. 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 the stitches have been removed.

The wound may be closed with absorbable or removable stitches.

If you have removable stitches, make an appointment at your local health centre to have them removed. The stitches will be taken out on:

_____.

Pain management

During the procedure, a long-lasting anaesthetic may have been applied to the wound area.

It reduces wound pain on the day of the procedure.

You can also take painkillers available from the pharmacy without a prescription. If necessary, the doctor will write you a prescription for pain medication.

Regular use of painkillers for a few days after the operation will promote your recovery considerably.

If you cough or sneeze, support the operated area with your hand to prevent pain.

Apply a cold pack to the operated area every 2–3 hours, 10–15 minutes at a time. It alleviates wound pain and reduces bruising.

Physical activity

You can resume light physical activity after the operation depending on 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.

Do not lift objects that weigh more than 3 kg while you are on sick leave.

You should also avoid strenuous exertion, pushing and pulling.

You should get in and out of bed with your healthy side first, supporting the wound with your hand.

You are advised to do this for a week after the operation.

The amount of exercise may be increased gradually as you recover.

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 you a sick leave certificate.

Get in touch

Please get in touch if:

- your recovery does not go as planned 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