

Umbilical hernia repair

These instructions are intended for printing. The instructions contain sections to be filled in.

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.

Or

- 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) (_____/____). 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, 07.00–15.00, telephone 06 213 1552

Your own health Centre or occupational health unit

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

Vaasa Hospital District • www.vaasankeskussairaala.fi/en • Telephone 06 213 1111

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