

Inguinal hernia repair

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

Inguinal hernia is a bulging of peritoneum that protrudes through the abdominal muscles. In men, the bulging is often directed towards the scrotum. Fat and intestines of the abdominal cavity can descend into the hernia. Symptoms include pain and a bulge in the groin. If the hernia is small and painless it does not need to be operated. Even after the operation there may be some symptoms and pain in the inguinal area. It is usually milder than before the operation and disappears with time.

Procedure

Inguinal hernia is usually repaired with open surgery under local anaesthesia. Also spinal or general anaesthesia may be used. The procedure can also be performed using keyhole surgery in general anaesthesia. In the operation the hernia sac is removed and the opening is covered with a non-absorbable synthetic mesh.

Recovery

You may walk and move freely as allowed by the pain after surgery. Get up from your bed from the operated side, aiding with your arms. Avoid sudden movements and physical effort, such as pushing, pulling, heavy lifting, and carrying for the duration of your sick leave. Avoid driving a car for approximately 10 days, because in the beginning the leg of the operated side does not react normally while driving.

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.

Bruising around the wound, and in men the swelling and bruising in the scrotum, does not usually require treatment. They resolve by themselves within 1–2 weeks. However, it is

recommended that you wear tight underwear, for example athletic underwear, after surgery for about a week or even longer if needed. You can bring it with you when you come to the hospital for surgery. If you are using anticoagulants or the hernia is very large there is a bigger chance of developing bruising and swelling.

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

Accident & Emergency Clinic at other times, telephone 06 213 1001

Your own health centre or occupational health unit

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

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