

Patient information

Laparoscopic hernia repair

What is it?

'Hernia' means the protrusion of an organ through an area of muscle, which has become weakened. They most often occur in the groin area known as inguinal or femoral, or umbilical (the belly button).

The surgeon has recommended this operation in order to repair and strengthen this weakened area by using internal stitches and 'mesh'. These remain inside the body preventing any further weakness.

Laparoscopic repair - 'keyhole' surgery

This is a technique where a fine telescope called a laparoscope is inserted into the abdomen through 'keyhole' incisions and the hernia repair is carried out by using a camera and video system. You will usually have 3 - 4 very small scars on your abdomen where the laparoscope and instruments have been inserted.

Following your surgery

- You will have been given painkilling medication during the operation.
- Your wounds will be covered with a dressing or skin glue.
- Occasionally residual air from the surgery can cause discomfort around your shoulders, this will gradually subside.

All of the above will be checked at regular intervals by the ward nurses and you will be given further treatment as appropriate.

Post-operative discharge advice

- Your stitches are dissolvable and do not need to be removed.
- Steristrips will fall away in 7 - 10 days. If not, you can gently remove them.
- Skin glue will fall away in 7 - 10 days. Do not pick or rub it off but allow it to come away naturally.
- Unless instructed otherwise, after your discharge please leave your dressings on for 48 hours and keep them clean and dry.
- It is quite normal for some bruising to appear around the sites and your groin and the scrotum in men.
- You may have a daily bath or shower but avoid soaking the dressings.
- You may experience some moderate pain. This can be relieved by taking painkillers and on discharge you will be given 3 - 5 days supply to take home. paracetamol and ibuprofen or similar medication is appropriate should you experience further pain when your initial supply of tablets is finished (see separate pain information leaflet).
- One of the side effects of painkillers can be constipation. It is important you do not strain and to help prevent this we encourage you to eat a balanced diet including fresh fruit and vegetables and drink plenty of fluids. If you are still experiencing problems, your local pharmacy will advise on any short-term medication.
- Gentle exercise is recommended and we encourage you to maintain an upright posture (this allows the mesh to sit correctly inside whilst you are healing). After 2 - 3 days you should be mobilising normally. Initially, you are advised to avoid any heavy lifting, contact sports or sexual activity for at least 2 weeks.
- You may drive when you can safely perform an emergency stop and turn round and reverse safely.

Special instructions.....

Return to work.....

If surgery is straightforward you will not routinely return for a follow up appointment.

Contact your GP or GP out-of-hours service if:

- you have severe pain
- your operation sites become increasingly swollen, red, hot and/or produces a discharge, you may have an infection
- bruising is severe

If you require any further advice please contact the Martin Corke Day Surgery Unit on 01284 713050 between 7.45am and 8.00pm, Monday to Friday.

Outside of these hours contact the surgical ward F5 on 01284 713262 and speak to the nurse in charge. Please have your hospital number on the discharge letter available.

or

NHS 111

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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