

Goole Surgical Treatment Centre



Hernia Repair Day Surgery Unit



*Welcome and thank you for making
Goole Surgical Treatment Centre your first choice*

What is a hernia?

A hernia occurs when a piece of the bowel protrudes through a weakness in the abdominal wall. It usually appears when you cough, stand or lift.

Types of hernia

- Inguinal - of the groin.
- Umbilical - near the naval.
- Incisional - result of previous surgery.

Benefits of surgery

Prevents the hernia from becoming larger.

How is the surgery performed?

An incision is made at the hernia site and the weakness in the abdominal wall will be repaired with permanent stitches within the muscle. In some cases a 'mesh' will be used to support the muscle.

What are the risks involved in having an operation to repair a hernia?

As with any operation, there is a risk of complications from the surgery and with the anaesthetic. However, the risk is very small. Some bruising may occur following surgery. This should disappear.

Bleeding may occur from the wound site. If so, apply light pressure and if the bleeding persists, seek advice.

There is a possibility of wound infection including abdominal infection if synthetic mesh used which can cause cellulites. In a small number of cases chronic discharge with a sinus may occur.

Please seek advice if you think the wound is infected.

Numbness and tingling sensations in the groin are common after surgery. This is because nerves can be caught in the muscle stitches. This may last for up to one year. The numbness may be permanent but it does not usually cause problems.

Collection of fluid in operation area - causing swelling due to reaction of synthetic mesh graft.

Some patients experience difficulty passing urine in the first few days following surgery. If you are unable to pass urine and this causes discomfort, please seek advice.

There is also the possibility that the hernia may recur.

Discomfort following surgery this is common, please ensure that you either have your own supply of painkillers at home or you request a supply from the Unit to take home.

Effects of anaesthetic

Nausea

If you experience this following surgery, drink plenty of fluids and take light meals.

Headache

This is not unusual following a general anaesthetic. Simple painkillers will help to relieve this.

Are there any Alternatives?

If your hernia does not bother you and does not become trapped you do not necessarily need to have it treated. A trapped hernia occurs when the lump gets stuck outside your groin and you can't push it back in using your finger.

There are a few lifestyle changes you can make to reduce the likelihood of your hernia getting worse.

These include:

- stopping smoking
- losing weight
- learning proper techniques for lifting heavy objects
- using a supportive corset or truss to hold the hernia inside the body (these are often not very useful)

Before you arrive

Prior to your admission you will have been advised when to stop taking diet and fluids.

Please have a shower or bath before coming to the Day Surgery Unit.

We request that you do not wear make-up, nail-varnish or jewellery (except for wedding ring). Please bring any medication that you normally take (even if infrequent), a dressing gown, slippers and a book or magazine to read.

Please leave valuables at home.

Following a general anaesthesia please arrange:

An adult to escort you home and care for you for the first 24 hours after discharge.

Not to use machinery, cook, or sign documents for 24 hours.

Please remember:

- Not to drive for 2 weeks or as advised.
- Time off work is usually 4 weeks (depending on surgery).
- Heavy physical work (lifting, digging) should be avoided for 6 weeks following surgery.

What will happen when I come in for my surgery?

Please report to the reception desk. You will be escorted to the waiting area.

A nurse will prepare you for your operation.

You will be asked to wear a theatre gown (a locker is provided for your clothing) and your blood pressure will be taken.

Please tell the nurse if you have any medical changes or change of social circumstances .

The surgeon will come to see you, mark the operation site (if applicable) and take your written consent for your operation.

When it is time for your surgery the nurse will walk with you to the anaesthetic room.

After the surgery

If you have had a general anaesthetic, you will wake up in the recovery suite.

When you are fully awake you will be transferred into the recovery lounge (seated area). Light refreshments will be provided.

A dressing will cover the stitches/clips to protect the wound. You may feel some discomfort, if so, the nursing staff will give you prescribed pain relief on request.

When you are adequately recovered the nurse will provide you with discharge advice, answer any questions that you may wish to ask and arrange for you to go home.

At home

Take painkillers as directed.

Keep the wound clean and dry for the first 24 hours.

You can shower after 24 hours, replace the dressing if applicable. You may experience difficulty with passing urine for the first few days following surgery.

Take light exercise when able.

Stitches/clips will need to be removed by your Practice Nurse 10 days following your surgery. Please make an appointment for this.

An outpatient appointment will be sent to you by post to review your surgery if necessary.

Very seldom a small drain may be inserted into the wound site to drain excess fluid. You may still be able go home the same day of surgery with the drain in place. If so you will be asked to return either to the Day Unit or a specified ward for its removal the day following your surgery.

If you have any problems after your surgery please contact one of the following:

Goole & District Hospital:

Ward 7 Tel 01724 290040 (08:00-20:00 Mon-Fri)

Or your own GP.

Concerns and Queries

If you need further assistance, the Patient Advice and Liaison Service will be able to help.

They can be contacted on:

Goole & District Hospital

PALS Administration Manager 01724 290172

or by email: pals@nlg.nhs.uk

Confidentiality

Information on NHS patients is collected in a variety of ways and for a variety of reasons (e.g. providing care and treatment, managing and planning the NHS, training and educating staff, research etc.) It is stored on paper and on computerised systems in line with the Data Protection Act 1998. Everyone working for the NHS has a legal duty to keep information about you confidential.

Information will only ever be shared with people who have a genuine need for it (e.g. your GP or other professionals from whom you have been receiving care) or if the law requires it, for example, to notify a birth. Please be assured however that anyone who receives information from us is also under a legal duty to keep it confidential.

Zero Tolerance - Violent, Threatening and Abusive Behaviour

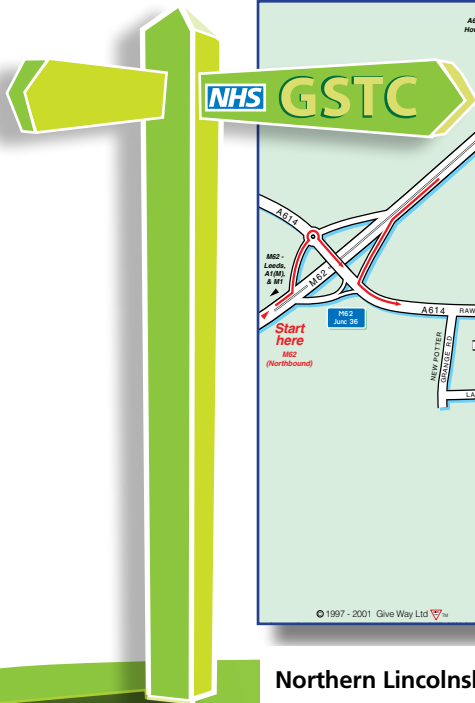
The Trust and its staff are committed to providing high quality care to patients within the department. However, we wish to advise all patients/visitors that the following inappropriate behaviour will not be tolerated:

- Swearing
- Threatening/Abusive Behaviour
- Verbal/Physical Abuse

The Trust reserves the right to withdraw from treating patients whom are threatening/abusive/violent and ensuring the removal of those persons from the premises.

All acts of criminal violence and aggression will be notified to the Police immediately.

Contact Number: Ward 7 Tel: 01724 290040



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