



Capital Surgeons Group, PLLC  
*Comprehensive, Compassionate General Surgery Care*

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## **ALL ABOUT HERNIAS**

### **VENTRAL, INCISIONAL, INGUINAL, UMBILICAL WHAT THEY ARE AND WHAT TO DO AFTER SURGERY (Hiatal Hernias are not covered in this document)**

HERNIAS are:

- Defects (holes) in fascia
  - Fascia is the tough white fibrous tissue between muscles
- Intestines and fat are what push through the defect and cause the bulge. It also creates an empty space in the soft tissue
- As long as the bulge spontaneously disappears while reclining or you can manually push it back in, repair is not an emergency
- The longer you have a hernia, the larger the defect will grow
- The most common and accurate way to diagnose a hernia is Physical Exam
- Once you have a hernia, it requires surgery to repair it
- Repair can be accomplished either open or laparoscopically
- Inguinal hernias are more common in men, but they can occur in anyone, at any age

**Your Post-Op visit will usually occur approximately one week after surgery**

#### **DIET:**

- Same as what it was pre-op

#### **ACTIVITY:**

- Normal activities are encouraged
  - Avoid Bed Rest
  - Avoid standing – If you're up you should be walking (do not overdo)
- No lifting over 10 lbs
- For inguinal hernias in men, an athletic support may help decrease discomfort and swelling

(continued on 2<sup>nd</sup> page)

**PLEASE CALL THE OFFICE OR THE DOCTOR IF YOU HAVE ANY QUESTIONS OR CONCERNS**



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## **ALL ABOUT HERNIAS (continued)**

### **WHAT TO EXPECT:**

- Swelling – due to accumulation of fluid in soft tissue
  - For ventral, incisional or umbilical hernias you may have a drain (see separate Drain Care instructions)
  - For inguinal hernias the swelling can extend into the scrotum
- Bruising (from dark purple to green to yellow) can extend into the scrotum and penis for inguinal hernias
- You may use ice packs for the first few days after surgery – then use heating pads to reduce discomfort
- If you are taking a considerable amount of pain medicine you will become constipated. Take a mild over the counter laxative
- Inguinal hernias may experience numbness in the groin and possibly into the genitals

### **WOUND CARE:**

- Remove outer dressing at 24-48 hours post op, shower as normal
- Leave the steristrips in place (the skinny white strips). They will fall off on their own

### **CALL OUR OFFICE IF:**

- You develop any unusual signs or symptoms such as tenderness, bleeding, redness or drainage from the wound
- You develop a temperature of 101 degrees Fahrenheit or higher
- You have bouts of nausea and/or vomiting for longer than 18 hours

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