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

ACTIVIY:

- 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 2nd 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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