

PRIOR TO YOUR OPERATION

You should come to the hospital at the requested time having fasted as directed by the hospital. If your hernia is small; your procedure will be performed as a day-only procedure. If the hernia is large, complex or recurrent then your operation will be performed under a general anaesthetic.

AFTER THE OPERATION

If you have had a general anaesthetic, you will go to the recovery room for a few hours before being transferred to the ward. You will be given fluids to drink and you will be encouraged to sit out of bed later in the afternoon. Sometimes, you may experience nausea or vomiting after your operation and you will be given medication as required. The following morning you will be offered a light breakfast.

WOUND CARE

There will be a waterproof dressing over your wound and this should be removed after 48 hours. The wound itself will be dressed with small paper tapes and all of the stitches are dissolvable. You may shower or bathe and allow the paper tapes to get wet but the wound should be kept

You may remove the paper tapes after 5-6 days.

ACTIVITIES

You should avoid vigorous activities for the first week after your operation. However the only absolute restriction is not to drive during the first week because your leg reflexes will be slow during that time. You should gradually build up your physical activities over a few weeks. Your wound discomfort will guide your progress.

In general, severe exertion such as sit-ups or lifting heavy objects should be avoided until you have your first post operative review 4-5 weeks after the operation.

EXPECTED SYMPTOMS

You will experience some discomfort at the wound sites but this should settle with simple pain relief. If you have had a laparoscopic procedure you may experience shoulder tip pain or mild cramping abdominal pain immediately after the operation.

These symptoms usually settle within 48 hours. From the time of your surgery, you should use regular Panadol and Nurofen for the next 72 hours irrespective of whether you feel pain or not. If you need

additional pain relief you can substitute Panadol with Panadeine (you will also need to take something to avoid constipation). In general, you should avoid prolonged use of Panadeine.

You may notice some bruising around the wounds. This may persist for up to two weeks after surgery but will eventually settle. If you are concerned about excessive swelling, bruising or pain you should contact Dr Hugh's rooms.

As the weeks pass after your surgery you may feel a firm ridge of tissue immediately beneath the wounds. This is part of the normal healing process of the mesh and you should not be concerned. Sometimes this takes up to 3-6 months to completely settle.

INFREQUENT COMPLICATIONS

Occasionally, a superficial wound infection may develop after a hernia repair. If your wound becomes red or inflamed, contact Dr Hugh's rooms on 9438 2277.

Wound pain may persist after the first few days and this may be due to a number of causes. Some patients develop a fluid collection over the mesh (called a seroma). This does not need to be drained and it will disappear after 4-5 weeks.

Occasionally you may feel a sharp stabbing sensation at the edge of your wound, after certain movements. This is due to the mesh fixation sutures and you should not be alarmed. You should use Nurofen and Panadol for this pain and you should let Dr Hugh know if the pain does not settle.

DIET

There should be no restriction to your diet.

FOLLOW UP

You should make an appointment to see Dr Hugh approximately 4-5 weeks after your operation. If you are concerned about pain or a wound infection prior to your follow-up appointment, then you should contact Dr Hugh's rooms.

DR HUGH'S CONTACT DETAILS:

Suite 1, Level 4
AMA House,
69 Christie Street
St Leonards NSW 2065

Telephone: 9438 2277
Fax: 9438 2278

INCISIONAL HERNIA REPAIR

After your operation

Dr Thomas J Hugh



Royal North Shore Hospital

NORTH SHORE
PRIVATE HOSPITAL