

PRIOR TO YOUR OPERATION

You should come to the hospital at the requested time having fasted as directed by the hospital. You should proceed to the Day Surgery Unit where you will be admitted just before going to the operating room. Your operation will be performed under a general anaesthetic but in most cases you will still be able to go home on the same day.

AFTER THE OPERATION

You will go back to the Day Surgery Unit for a few hours prior to being discharged home. The wound around your umbilicus is infiltrated with local anaesthetic during the procedure in order to reduce discomfort during the early postoperative period. You should also take pain killers regularly for the first three days after your operation. Most patients find that two Paracetamol tablets taken every six hours and one or two Nurofen tablets taken in the morning and at night is sufficient. If you experience more pain you may substitute the paracetamol with paracetamol/codeine, eg. Panadeine. If you use codeine containing medications, you should also take something to prevent constipation.

You will need a relative or friend to drive you home after your operation.

WOUND CARE

The wound near your umbilicus will have a waterproof dressing in place which you can take off after 24 hours. You will see small paper tapes on the incision and there are no visible stitches. You may shower or bathe and allow the paper tapes to get wet but the wound should be kept dry in between times. 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 that you should not 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 and your wound discomfort will guide your progress.

You should avoid severe abdominal wall exertion such as sit-ups or lifting heavy objects until you see Dr Hugh for your first post operative review 4-5 weeks after the operation.

EXPECTED SYMPTOMS

You may notice some bruising around the wound. If you are concerned about excessive swelling or bruising you should contact Dr Hugh's rooms. The main problem to watch out for is infection. You have been given a single dose of antibiotics at the time of your operation and there should be no need for any more antibiotics. However, occasionally the wound may become red, hot and swollen and if this occurs you should contact Dr Hugh on 9438 2277.

As the weeks pass after your surgery there will be a firm ridge of tissue immediately beneath the wound. This is part of the normal healing process and you should not be concerned. Sometimes this takes up to 3-6 months to completely settle. Occasionally fluid may collect under the skin (called a seroma). This is just a response to the surgery and you should not be concerned. This will resolve after a few weeks.

DIET

There should be no restriction to your diet.

FOLLOW UP

When you get home from hospital you should make an appointment to see Dr Hugh 4–5 weeks after your operation. As mentioned above, if you are concerned about pain or a wound infection prior to your follow-up appointment, then you should contact Dr Hugh's rooms

August 2008

Dr Hugh's Contact Details

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

Telephone: 9438 2277

Fax: 9438 2278

Umbilical Hernia Repair

DR THOMAS J HUGH



Royal North Shore Hospital

NORTH SHORE
PRIVATE HOSPITAL