

# Laparoscopic Hernia Repair Information Sheet

## What is a hernia?

A hernia is a defect (weakness) in the muscles of the abdominal wall, through which the contents of the abdomen can pass.

## What is a laparoscopic hernia repair ?

Surgeon use small incisions to insert a camera and instruments, which are used to repair the hernia. A piece of mesh is placed over the defect to prevent recurrence of the hernia.

## Are there alternatives to surgery ?

In the past a truss may have been used to prevent a hernia becoming bigger but surgery is the preferred option. Without treatment hernias tend to increase in size and complications (such as blockage of the bowel) become more frequent.

## What are the risks?

The main risks of this operation are infection and recurrence of the hernia. Infections are often superficial and respond to antibiotics. Very occasionally, the mesh can become infected and needs to be removed. Recurrence of the hernia is rare and happens in approximately 1% of patients.

## What are the benefits of laparoscopic repair?

Key hole surgery is associated with improved recovery and less post operative pain. In particular, chronic groin pain is uncommon post operatively (it occurs in up to 25% of patients with open surgery)

## Before your surgery

Prior to surgery you will require assessment of fitness for anaesthesia. This may involve a heart trace, blood tests and a chest X-ray.

## **After your surgery**

Patients often spend overnight in hospital but can be discharged the same day. The anaesthetic may make you feel tired but this usually only lasts for day or two. Patients can eat and drink as normal.

## **Pain**

Some pain is to be expected and pain killers such as Codydramol or voltarol will be prescribed on discharge. These should be taken regularly and the pain should subside after a few days. Bruising can occur and this can track down into the scrotum and penis.

## **Wounds**

You will have stitches that dissolve. Keep the wounds dry for 48 hours or so and then remove the dressings.

## **Activity**

Inevitably you will feel tired for a few days but gradually increase your activity until you return to your normal routine. You may drive a car when you are capable of performing an emergency stop, however you should inform your insurance company of your condition.

## **Work**

If you have a heavy job, a gradual return to work is sensible. Otherwise return when you feel ready.

## **Sexual activity**

You may resume sexual activity when you feel able.

## **Follow-up**

An appointment will be arranged a few weeks after surgery. If you have any concerns then please contact your surgeon at GenSurgeon.