

I am about to have my Groin/ Inguinal Hernia operation?

Open Inguinal Hernia Repair

BUPA code T2000 (unilateral) T2010 (bilateral)

What to expect from Hernia operation –

Your operation will be carried out under a General Anaesthetic but can also be carried using local anaesthesia or regional anaesthesia using a small needle in your back. The operation is generally performed as a day case (same day discharge) procedure but some patients that undergo a bilateral (both sides) procedure may require overnight stay.

Incisions used:

A small 4-6 cm incision is used In the groin area shown below and the hernia is repaired using a polypropylene mesh which is a synthetic material that allows the formation of scar tissue. The increased scar tissue reinforces the hernia repair creating a ‘tension –free’ hernia repair. Local anaesthetic is used throughout the operation, which provides good pain control after the operation.

Incision used for Open inguinal hernia repair

Diagram of abdomen with the incision used shown below



What are the main risks of surgery?

Your surgeon will advise on any specific complications and risks. For all types of Hernia surgery there is always a risk of wound infection, bleeding and specifically for hernia surgery there is a risk of:

- 1) Recurrence (1-2%) and
- 2) Chronic pain/ numbness (2%).

Your surgeon will discuss these with you prior to surgery.

What happens after surgery?

You will be able to eat and drink after your operation. The operation is usually straightforward and most people are usually well enough to go home the same day or within twenty-four hours. Walking after surgery is encouraged, patients are advised to:

- 1) Start normal day to day activities within four to five days,
- 2) Gentle exercise within two weeks and
- 3) No heavy lifting for at least one month.

Most people should be well enough to engage in gentle sporting activities in 10 to 14 days.

Driving can be resumed after 7days but do check with your insurance company first for appropriate cover.

Most patients fully recover from surgery within two to three weeks.

For more information please see the European Hernia Society Hernia Guidelines on www.manchestergeneralsurgery.co.uk

