

After you leave hospital

You are likely to feel a bit tired and need rests a few times a day for a week or so. You can usually do most activities without difficulty. You will gradually improve so that after a few days you will be able to return to your full level of activity.

Physical Activity

At first discomfort in the wound will prevent you from harming yourself by too heavy lifting. After one month you can lift whatever you like. There is no value in attempting to speed the recovery of the wound by special exercises before the month is out. Most people can return to normal physical activity within a few weeks.

Driving

You can drive as soon as you can make an emergency stop without discomfort in the wound, i.e. after about 1 week

What about sex?

You can restart sexual activities within a week or two, when the wound is comfortable enough. Remember that this operation is not a sterilisation procedure.

Work

You should be able to return to light work within 1 week and a heavy job within 2 weeks.

Complications

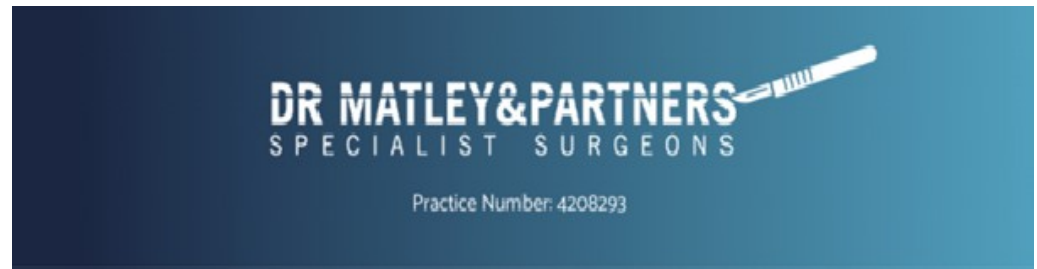
Complications are rare and seldom serious. If you think that all is not well, please ask the nurses or doctors. A lump maybe present in the groin which may feel like the original hernia. Do not worry, this is normal. Bruising and swelling may be troublesome, particularly if the hernia was large. The swelling may take 4 to 6 weeks to settle down. Infection is a rare problem and will be treated appropriately by the surgeon. Aches and twinges may be felt in the wound for up to 6 months. Occasionally there are numb patches in the skin around the wound which get better after 2 to 3 months. The risk of a recurrence of the hernia is about 5 in 100. Recurrences after laparoscopic repair usually occur in the first few months.

General advice

The operation should not be underestimated, but practically all patients are back at their normal activities within a month.

If you have any problems or queries, please ask the nurses or doctors.

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LAPAROSCOPIC INGUINAL HERNIA

What is an inguinal hernia?

A hernia is a weakness in the muscles which form the lower front of the stomach in the groin region and results in a bulge.

What does the operation consist of?

This method of hernia repair uses a small telescope under the muscles of the abdomen to examine the weak area. Two other instruments are inserted through the skin and abdomen to dissect away the tissues and display the weakened hernial site. A patch of teflon material is then used to reinforce the weakened area.

Using this method a large cut through the muscles of the groin is avoided and the postoperative pain is less and the recovery time quicker. The results appear to be as good as the open repair technique and gradually this operation is being done more and more. However about 5% of hernias will recur after open or laparoscopic repairs. About 2% of laparoscopic hernia repairs have to be converted to open operations because of technical difficulties.

WHAT HAPPENS BEFORE THE OPERATION?

Reception

When registering at reception your medical aid details will be required. If you are not on a member of a medical aid you will be required to pay a deposit or to sign an indemnity form. As far as possible we will try to advise you about hospital costs before your admission.

Welcome to the ward

You are usually admitted on the same day as the operation. You will be welcomed to the ward by the nurses or the receptionist and will have your details checked. Some basic tests will be done such as pulse, temperature, blood pressure and urine examination. You will be asked to hand in any medicines or drugs you may be taking, so that your drug treatment in hospital will be correct. Please tell the nurses of any allergies to drugs or dressings. The surgeon will have explained the operation and you will be asked to sign your consent for the operation. If you are not clear about any part of the operation, then read this again and then

ask for more details from the surgeon or from the nurses. Let the nurses know if you are on any blood thinning medication.

Visit by the anaesthetist

The operation **is** performed under general anaesthetic. The anaesthetist who will be giving your anaesthetic will interview and examine you. He will be especially interested in chest troubles, dental treatment and any previous anaesthetics you have had.

Diet

You will have your usual diet until 6 hours before the operation when you will be asked to take nothing by mouth. This will let your stomach empty to prevent vomiting during the operation.

Shaving

The operation area will be shaved to remove excess hair.

Timing of the operation

The timing of your operation is usually arranged the day before so that the nurses will tell you when to expect to go to the operating theatre. Do not be surprised, however, if there are changes to the exact timing of you going to the operating theatre.

Transfer to theatre

You will be taken on a trolley to the operating suite by the staff. You will be wearing a cotton gown, wedding rings will be fastened with tape and removable dentures will be left on the ward. There will be several checks on your details on the way to the operating theatre where your anaesthetic will begin.

The operation is then performed

WHAT HAPPENS AFTER THE OPERATION

Coming round after the anaesthetic

Although you will be conscious a minute or two after the operation ends, you are unlikely to remember anything until you are back in your bed on the ward. Some patients feel a bit sick for up to 24 hours after operation, but this passes off. You will be given some treatment for sickness if necessary.

Will it hurt?

There is some discomfort on moving rather than severe pain. You will be given injections or tablets to control this as required. Ask for more if the pain is still unpleasant. You will be expected to get out of bed the day after operation. You will not do the wound any harm, and the exercise is very helpful for you. The day after operation you should be able to walk. By

the end of one week the wound should be virtually painfree and reasonably active.

Drinking and eating

You will be able to drink within an hour or two of the operation provided you are not feeling sick. The next day you should be able to manage small helpings of normal food.

Opening bowels

It is quite normal for the bowels not to open for a day or so after operation. A laxative is sometimes required.

Passing urine

It is important that you pass urine and empty your bladder within 6-12 hours of the operation. If you find using a bed pan difficult, the nurses will assist you to a commode or the toilet.

Sleeping

You will be offered painkillers rather than sleeping pills to help you to sleep. If you cannot sleep despite the painkillers please let the nurses know.

The wound

There are 3 small stab wounds which require no particular care. There may be fine stitches. They are usually removed after 7-10 days. However most wounds are closed with dissolving sutures under the skin. The dressing, which is usually waterproof to allow showering, will be kept on until the stitches are removed. There may be some purple bruising around the wound which spreads downward by gravity to the groin area and fades to a yellow colour after 3 to 5 days. It is not important. There may be some swelling of the surrounding skin which also improves in 2 to 3 days. After 7 to 10 days, slight crusts on the wound will fall off. Occasionally minor matchhead sized blebs form on the wound line, but these settle down after discharging a blob of yellow fluid.

Washing

You can wash the wound area as the dressing is waterproof. Soap and tap water are entirely adequate. Salted water is not necessary.

How long in hospital?

Usually you will feel fit enough to leave hospital the day after the operation and sometimes on the same day. You will be given an appointment for a check up about a week after your operation.

Sick notes

Please ask your surgeon for any sick notes or certificates that you may require.