

Day Surgery Unit

Information for patients following a Hernia operation

A hernia is defined as a bulge of any part of the internal organs through the structures which contain them. There are many operations to help or cure hernias, most commonly the hernial sac is removed and the muscle wall repaired.

After the operation

Hernia operations can be performed under either a general or local anaesthetic. The choice of anaesthetic that you will receive will have already been discussed with you before your admission

General Anaesthetic

- You will be asleep for the procedure;
- Local anaesthetic will be injected into your wound during the operation to make sure you are pain free when you wake;
- Once you are awake you will return to the ward, where you will be checked by a nurse;
- You will then be encouraged to sleep off the anaesthetic;
- You will be kept for a minimum of one hour to recover from your anaesthetic.

Local Anaesthetic

- You will be kept awake for the procedure;
- Local anaesthetic will be injected into your operation site;



Patient Information

- You will be sedated ensuring you are pain free and relaxed throughout the procedure. When you return to the ward a nurse will check your wound;
- You will be kept for a time until ward staff and the surgeon are satisfied that you are ready to be discharged.

Discharge

Before you are discharged both the surgeon and the anaesthetist must agree that you are fit to go home.

- You may be prescribed painkillers to take home. Please take this medication immediately, unless directed otherwise by the hospital, as they will make you more comfortable following the operation. Please take these tablets regularly for the next few days.
- When you have finished taking these tablets, you may take household painkillers, for example, Paracetamol or Ibuprofen. Always read the instructions on medicines carefully.
- A letter will be posted to your GP. This will explain the operation you have had and any medication you were given.
- If you require an outpatient appointment you will receive it through the post.

Going home

- If you have any queries or concerns do not hesitate to ask the nursing staff;
- If you have had a general anaesthetic a responsible adult must collect you from the ward when you are ready to be discharged;
- You will not be allowed to go home unaccompanied in a taxi;
- You must arrange for a responsible adult to stay with you for 24 hours after your operation.

Please note that if you have had sedation; for 24 hours after the procedure, you must not:

- Take alcohol;
- Operate heavy machinery;
- Sign any legally binding documents.

Patient Information

At Home

Eating and drinking

Once at home, you may eat a normal diet as tolerated. Please drink plenty of fluids for the next few days

Bathing

You may remove any dressings and have a bath or shower in 48 hours, 2 days after your operation. Please make sure that your wound is dried thoroughly and pat dry with clean soft towel. If your wound is left wet there maybe an increased risk of a wound infection. Do not use talcum powder on your wound. Dress in loose comfortable clothing, for example, pyjamas or tracksuit bottoms.

Returning to work

You should be able to return to work in 3 weeks or on your GP's advice. If you require a sick note you will be able to get this from your own GP.

Driving

You must not drive at all for at least 3 weeks. When you start to drive you must be able to competently and comfortably perform an emergency stop.

Stitches and aftercare

The stitches you have to your wound are: _____ and so do / do not need removing.

Stitch removal/wound check in: _____ days with your GP practice nurse.

Please arrange an appointment.

Please make an appointment with your GP Practice nurse if you have any concerns regarding your wound.

Patient Information

The wound

Bruising may happen around the operation site; this is not serious and will fade with time. However if your wound begins to look inflamed, red, and swollen and feels hot to touch and starts to discharge, inform your GP.

Convalescence

You may feel tired once you reach home. This can last for a couple of days, take plenty of rest; you must be prepared to recover at your own speed.

Further Information

If you require any further information or have any concerns do not hesitate to contact:

The Day Surgery Unit:

Telephone 024 7696 6868 or 024 7696 6861

Open 8.00am to 9.00pm.

Or alternatively **contact your own GP**.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6868 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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