

Discharge Advice

- Men need to wear supportive underpants until pain free. These are underpants which provide extra support to your scrotum (eg: sports briefs, not boxer shorts).
- Avoid anything that may make you cough or strain, eg: do not smoke, no heavy lifting, avoid getting the flu or a cold.
- You may experience some numbness around the operation site. This is quite normal, as some of the nerves beneath the skin will have been cut. It is also normal to feel a lump under the scar and this may always remain.
- Eat a high fibre diet and drink plenty of fluids to avoid constipation. This is important, as the pain tablets you will be given can cause constipation. Take the pain tablets only as prescribed.
- If your wound becomes red, swollen, painful or hot to touch, or has any discharge, contact your local doctor.
- You will be given an appointment to see your Surgeon or Local doctor in 7-9 days. It is important to keep this appointment even if you have dissolvable stitches.



Activity After Discharge

- Around the House:** You should not do any heavy lifting (eg Basket of wet washing) or straining for 6 weeks.
- Return to Work:** This depends on the type of work you do, and should be discussed with your doctor but generally you will be off work for 1-4 weeks.
- Driving:** You can resume driving when you are pain free, this is usually 1-2 weeks.
- Sport:** Resumption of sporting activities is variable, and you should discuss this with your surgeon and/or local doctor.

Disclaimer: This patient pathway is intended as a guide only. As each patient is an individual and responds differently, the care plan may alter. If you have questions, please discuss with your Doctor or Nurse



PATIENT PATHWAY FOR HERNIA REPAIR

This pathway provides information about your surgery, admission to hospital, and what to expect as you recover. Please read this and bring it with you on the day of your operation.

Ask the staff if you have any questions or concerns.

What is an Inguinal Hernia?

An inguinal hernia occurs where a loop of bowel enters the inguinal canal. This is a passage through the muscle layer of the abdominal wall.

In males, the spermatic cord passes through it, whilst in the female, a ligament passes through it. In the male, the hernia may fill the scrotal sac.

An inguinal hernia may be caused by heavy lifting, or sometimes the canal is just larger than usual.



How can it be fixed?



A hernia may be repaired by sewing the muscle layers together, or if large, a small piece of mesh is sewn over the hole. Your Surgeon will tell you which method he is likely to use.

The surgery is done through a cut in your lower abdominal wall, not actually where you feel the pain. The groin will be shaved in theatre prior to the operation.

Expected Length of Stay

- You will be expected to stay in hospital overnight after your surgery and go home the next day. If you require hernia repair on both sides you will need to stay for 1 night. This may vary according to your condition.
- Before you come into hospital please make arrangements for someone to drive you home on discharge. Discharge time is 10.00 a.m.

What to bring to hospital

- Any medicines you are taking because these will be continued whilst you are in hospital
- Glasses, and /or hearing aids if you use them.
- Toiletries and night clothes (firm underpants for men).
- Do **not** bring a large amount of money, jewellery or valuables



Pre-admission Clinic

- You will be assessed by a doctor and the Pre-admission nurse
- You will be instructed to fast for 6 hours before your surgery
- You may have an Electrocardiograph and blood tests taken to make sure you are fit for surgery.
- Your Blood pressure, weight and urine test will be recorded.

Day of Surgery

- You will be admitted to the Day Procedure Unit and transferred to a ward after your operation.
- Your pulse, blood pressure, breathing rate, oxygen levels and temperature will be measured regularly after your surgery.
- You may need to wear an oxygen mask for a short time after your operation.



Pain Relief

- You may be given some pain-killing injections after your operation and then tablets to take for a few days when you go home.
- It is important for you to tell the nurses if you have pain.

Wound Care

- The wound should be kept clean and dry.
- The stitches are usually dissolvable but if not they will be removed by the surgeon or your local doctor in 7- 9 days. An appointment will be made for you by the nursing staff.
- The dressing on your wound will be changed before you leave hospital and a waterproof dressing applied. This will be removed when you see your doctor in 7-9 days.
- Men may experience some scrotal bruising or swelling which can be eased by wearing firm underpants.

Food & Fluids

- You will be able to drink 4 hours after your operation and have a light diet if you desire.
- A normal diet and fluid intake is usually commenced on the day after your operation.
- You may have an intravenous line (drip) in your arm until you are drinking normally.



Activity Whilst in Hospital

- The nursing staff will help you out of bed later in the day of your surgery and you may go to the toilet. Next day you will be able to walk short distances, which you may slowly increase as you feel fit.