

Discharge Advice

- Avoid anything that may make you cough or strain, eg: do not smoke, avoid 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 Umbilical Hernia?

An umbilical hernia occurs when there is a weakness in the tissues and muscle layer surrounding the navel, which allows a loop of bowel to protrude and cause a bulge.

Umbilical hernias are more common in women than men, particularly those who have had multiple pregnancies and in those people who are overweight.

A hernia should be repaired even when it does not cause symptoms because there is a risk the loop of bowel may become twisted.



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 near the navel.

Expected Length of Stay

- You will be expected to stay in hospital overnight after your surgery and go home the next day. This may vary according to your condition.
- Before you come into hospital please make arrangements for someone to drive you home on discharge.

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 dry dressing applied. You may remove this the next day or replace with a clean dressing for 2-3 days and then leave open. **Waterproof dressing should not be used** because the navel area is often moist and sticky.

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.