

## GROIN HERNIA REPAIR

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### Information

A hernia is a weakness in the abdominal wall. Your surgeon has discussed this with you in detail, and you have chosen hernia repair with a mesh as the best treatment for you.

### What to Expect

The admission date and time will be given to you by the hospital. You will be required to remove all jewellery and use the pre-operative wash provided. Please do not shave the operation area.

Since this operation is usually done under general anaesthetic, you will be required to fast 6 hours prior to the procedure.

The hernia repair will involve the use of a synthetic mesh to strengthen your abdominal wall. Local anaesthetic will be injected into the site after the operation to help with pain relief. You will be discharged with some pain medication.

You will require a competent adult to stay with you overnight and to drive you to and from the hospital.

### Post-Op Instructions

There will be a water-proof dressing or glue over the wound. If there is a dressing, leave it intact for 48 hours and then leave the wound uncovered. You can have a shower with the dressing, just dab it dry afterwards. If glue was used, you can shower after the surgery. Try not to pick at the flakes of glue that peel off. This is normal.

You can engage in normal activity with moderation. It is normal to feel a few twinges in the wound over 2-3 weeks.

Your follow up appointment will be two weeks after the surgery.

Try and avoid being constipated during the recovery time

### What to Look Out For

- Fever above 38 degrees celsius.
- Redness around the wound.
- Excessive oozing of fluid from the wound.

If any of the above occur, call Great Southern Specialist Centre or present to the Emergency Department at the Albany Hospital (or the ED nearest to you); your surgeon will be informed.