

Hernia Repair : Umbilical Open 1/2 (2 pages)

Brief description

This is a weakness or swelling of the navel (belly button). It will get bigger and become unsightly. Sometimes fat or bowel gets stuck in the hernia causing severe pain and illness.

What does the operation consist of?

A cut is made around the navel. Any fat or bowel in the hernia is pushed back or removed. The weakness is mended with strong stitches or a prosthetic sheet (mesh). The skin is then closed up.

If you are having a 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.

What are the anaesthetic risks involved?

You can discuss the type of anaesthetic you will have with your anaesthetist and also the possible complications that may occur.

What should I do before the operation?

You should not eat or drink anything for at least six hours before your operation. However, you should take all your regular medication as usual on the day you will need to stop certain medication such as disprin, clopidogrel, warfarin, or other blood thinning medicines (including homeopathic medication) well before the operation. Please discuss with your surgeon. You may require further investigations to assess your fitness for surgery and may need to see a physician and/ or the anaesthetist pre-operatively.

Shaving

The operation area will be shaved to remove excess hair.

Diet

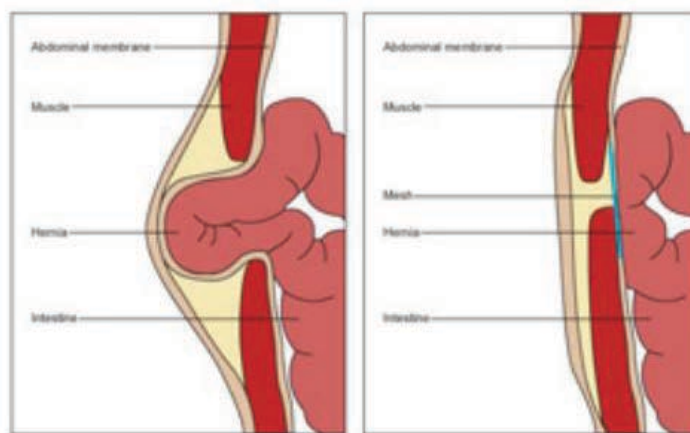
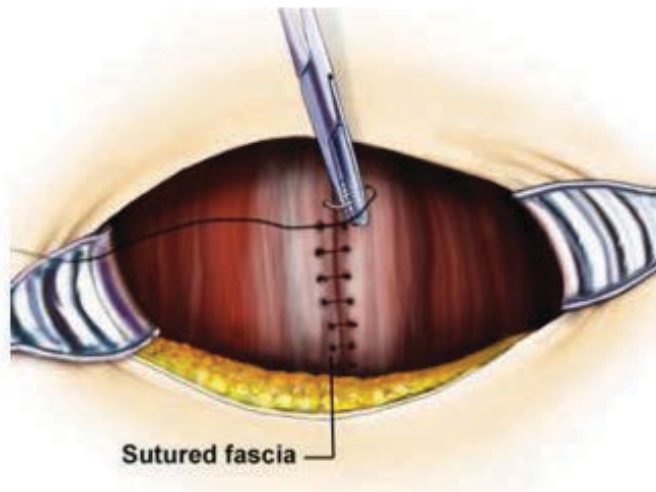
You will have your usual diet until 6-12 hours before the operation when you will be asked to take nothing by mouth. This will let your stomach empty to prevent vomiting during the operation.

Timing of the operation

The timing of your operation is pre-arranged 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.

What about sex?

You can restart sexual activities within a week or two, when the wound is comfortable enough.



Premedication

You may be given a sedative injection or tablets about 1 hour before the operation.

Transfer to theatre

You will be taken on a trolley to the operating suite by the staff. You will be wearing a cotton gown; 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.

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.

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.

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 despite the discomfort. You will not do the wound any harm, and the exercise is very helpful for you. The second day after operation you should be able to spend most of your time out of bed and in reasonable comfort. By the end of one week the wound should be virtually pain free.

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

The wound has a dressing which may show some staining with blood in the first 24 hours. The wound is held together by fine stitches. They are usually removed after 7 to 10 days. The dressing, which is usually waterproof to allow showering, will be kept on until the stitches are removed. Sometimes a plastic suction drain is used to suck out excessive secretions from the wound. This will be attached to a plastic portable suction bottle. It is pain free and is removed after a day or two. There may be some purple bruising around the wound which spreads downward by gravity and fades to a yellow colour after 2 to 3 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.

How long in hospital?

Depending on the size of the hernia and your general health you may be able to leave hospital on the same day. Usually, however, you will feel fit enough to leave hospital after 1 or 2 days. You will be given an appointment for a check-up about 7 to 10 days after your operation.

Washing

You can wash the wound area as soon as the dressing has been removed with soap and tap water.

Sick notes

Please ask your surgeon for any sick notes or certificates that you may require. After you leave hospital you are likely to feel a bit tired and need rests 2 or 3 times a day for a week or more. You will gradually improve so that after a month you will be able to return to your normal level of activity.

Lifting

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. No need attempting to speed the recovery of the wound by special exercises before the month is out. Driving you can drive as soon as you can make an emergency stop without discomfort in the wound, i.e. After about 10 days.

Work

You should be able to return to light work within 2 weeks and a heavy job within 4 weeks.

Complications

Complications are rare and seldom serious. 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 1 in 30.

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.

What about payment?

The procedure and its associated costs will have been discussed with you, and a quote provided. Where procedures need to be unexpectedly altered during the course of the procedure, the fee may change. Similarly, emergency procedures may incur an additional cost. Please settle your account promptly.