



## Procedure Information Sheet

### Introduction

Hernia is a protrusion of a sac or part of the bowel through a weak part of the abdominal wall. It may result from physical straining or coughing. It can be inguinal, femoral, umbilical or through incision wound.

### The Operation / Procedure

1. The operation can be performed under general, local or regional anaesthesia.
2. The operation can either be an Open or Laparoscopic Herniorrhaphy:
  - 2.1 Traditional open hernia repair: An incision is made near the hernia (5-7cm).
  - 2.2 Laparoscopic hernia repair: Three small incisions are made to insert the instrument. If complications arise during the procedure, the doctor will switch to the open method.
3. The protruding part of the organ is pushed back into the abdomen and the defect in abdominal wall is then repaired.
4. A synthetic mesh is placed in the weakened area for support.
5. The wound is closed with sutures.

### Before the Operation / Procedure

1. Fasting for 6 hours prior to the operation.
2. A written consent is required.
3. If Laparoscopic is performed under non-emergency purpose:  
Patient may use clean cotton wool applicators soaked with soapy water to clean the umbilicus. 3 days before surgery. Swab from inside to outside and repeat procedure until the umbilicus is cleaned thoroughly. Take a shower then put on clean clothes.

### After the Operation / Procedure

1. Bed rest after general anaesthesia, as you may feel tired, dizzy or weak.
2. The consciousness and thinking ability would be impaired after general anaesthesia. Therefore, the patient should avoid operating heavy machinery or driving for the rest of the day to prevent an accident. Also he/she should avoid signing any legal document.
3. You may have sore throat, headache, vomiting or bruises at the puncture site occasionally. They will subside after a few days.
4. Take oral pain-killer if necessary.
5. You may resume normal diet after surgery. However, ensure high fiber diet (cereals, vegetables and fruits) to prevent constipation.
6. You can resume light, normal activity as tolerated over the first 48 hours. However, lifting heavy weight and strenuous exercise should be avoided for six weeks after operation.
7. Use your hand to protect the wound when coughing or sneezing to prevent wound disruption and pain.
8. Sexual intercourse must be avoided until wound pain subsided.
9. Don't remove the dressing. Keep the wound clean and dry.
10. You may take a shower after surgery if the wound is covered by water-resistant dressing; keep the dressing clean and dry.
11. Follow up for stitches removal if necessary.

<p><b>Patient's Label</b>          Patient Name: _____          Hospital No: _____          Adm No/Episode No: _____</p>
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### Risk and Complication

1. Complications of general anesthesia (<0.01% but may be fatal):
  - 1.1 Cardiovascular complications: acute myocardial infraction, cerebrovascular accidents, deep vein thrombosis, massive pulmonary embolism.
  - 1.2 Respiratory complications: atelectasis, pneumonia, asthmatic attack, exacerbation of chronic obstructive airways disease.
  - 1.3 Allergic reaction and anaphylactic shock.
2. Operation related complications:
  - 2.1 Wound infection.
  - 2.2 Swelling.
  - 2.3 Wound pain and numbness.
  - 2.4 Bruising of the skin and scrotum.
  - 2.5 Damage to nearby organs e.g. vessel, bladder.
  - 2.6 Scrotal and Inguinal seroma.
  - 2.7 Hematoma formation.
  - 2.8 Difficult urination.
  - 2.9 Hernia recurrence.
  - 2.10 Testicular atrophy (very rare).

### Disclaimer

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

### Reference

Department of Surgery, Tung Wah Hospital, Operation Information Leaflet: Hernia Repair (For Adult) (12/2005)

**Patient's Label**

Patient Name: \_\_\_\_\_  
Hospital No: \_\_\_\_\_  
Adm No/Episode No: \_\_\_\_\_

Patient's Signature: \_\_\_\_\_ Date: \_\_\_\_\_