



HERNIA REPAIR PREADMISSION

What you need to know

Your well-being
and comfort are
our main concerns.

Here are our
recommendations for
a speedy recovery.

Hernia repair

A hernia is a lump or bulge that appears on your stomach or in your groin area when you cough, sneeze, or otherwise strain. It happens when part of an internal organ (usually the intestine) protrudes through a weak spot in the muscle. The bulge disappears when you lie down or rest.

There are several types of hernias. The two most common are:

- **Umbilical hernia:** This type of hernia occurs near your belly button. It looks like a round bulge that pushes your belly button outward.
- **Inguinal hernia:** This type of hernia occurs in the groin area. It is more common in men.

Treatment for a hernia is surgical. The goal of the surgery is to remove the sac formed by the hernia, replace the contents into the abdomen, and close the abdominal wall securely. The surgeon will decide, based on certain criteria, which of the following two hernia repair procedures is most appropriate:

- **Laparoscopic surgery:** Laparoscopy is a surgical technique where a laparoscope (tube equipped with a camera) is used to see inside the abdomen. It allows the surgeon to operate without making a large incision.
- **Open surgery:** An open repair involves making an incision at the hernia site. The size of the incision will depend on the size of the hernia.

Hôpital Barrie Memorial

28, rue Gale, Ormstown
450-829-2321, ext. 3249

Surgery date:

Arrival time:

Go to the reception desk
in Day Surgery.

If you need to cancel your surgery,
call **450-829-2321, ext. 3249** at least
48 hours in advance. Out of respect
for other users, cancellations
are moved to the bottom of the
waiting list.



HERNIA REPAIR PREADMISSION

What you need to know

Recovery

From one to eight weeks, depending on your health condition and the type of work you do. You can discuss this with your doctor.

In children

- Ask your surgeon when and how your child should resume their regular activities.
- Usually, wait 3-4 weeks before resuming physical activities such as cycling, vigorous sports like soccer, baseball, skiing, etc., or contact sports like karate, judo, etc.
- In general, your child can go swimming two weeks after the surgery.

In men: inguinal hernia

- After an inguinal hernia repair, it is common to feel some thickness, like a hard rope, under your incision where your hernia used to be. This is normal and will disappear about two or three months after the surgery.
- After groin surgery, it is normal for your scrotum to be swollen, enlarged, and even bruised. To relieve the pain, place a rolled-up towel under your scrotum and apply an ice pack wrapped in a towel. This will help to reduce the swelling and relieve the discomfort.
- To control the swelling in your scrotum, it is often recommended to wear tight fitting underwear. The support provided by the underwear also helps to reduce the discomfort.
- The pain in your scrotum can last for 24 to 48 hours, but the medication is generally effective at controlling it.

**Make sure someone
stays with you for the
first 24 hours.**

Post-operative advice

- Dizziness and nausea for the first 24 hours are normal side effects of the general anesthesia.
- Stay in bed the first day. The next day, walk around as much as possible to eliminate the gas in your abdomen, which will help you feel much better.
- Apply pressure to your abdomen with a small cushion or a rolled-up towel whenever you cough, sneeze, or otherwise strain, to avoid creating pressure on your wound.



HERNIA REPAIR PREADMISSION

What you need to know

Pain

- The pain is usually mild to moderate. Take your pain killers as prescribed to make moving around easier.
- After a laparoscopic hernia repair, you may feel pain in your shoulders and lower back. This is due to the carbon dioxide injected into your abdomen during the surgery. To relieve the pain, keep your head raised at a 45° angle when lying down. You should also get up and walk around often to reduce the discomfort.

Hygiene

- If your wound is covered with a pressure dressing, leave it on for two days. Your nurse will give you more information about this before you leave the hospital.
- If your wound is covered with an Opsite (transparent) dressing and a pad, remove them after two days or as directed.
- If you have adhesive skin closures (Steri-Strips), leave them on for two weeks.
- You may also have dissolving stitches under your skin that you cannot see. They will disappear on their own, within 1 to 3 weeks after the surgery.
- If your stitches are visible, they will be removed 7-14 days after the surgery.
- Once the dressing has been removed, you can take a shower, but be careful not to spray water directly on your incision. Sponge the incision rather than rubbing it. Avoid taking a bath for the first week.

Driving is allowed
24-48 hours after
the surgery or once
the pain subsides.

Daily activities

- Limit your activities for the first week. Do not lift heavy objects (more than 10 lb.) for the first six weeks.
- Gradually resume your daily activities, depending on your tolerance. If you had laparoscopic surgery, the recovery time is generally shorter.
- Avoid vigorous and contact sports, such as skiing, tennis, karate, judo, boxing, etc., for at least two months.
- You may experience uncomfortable gas and cramps. Walking is a very good way to relieve the discomfort.



HERNIA REPAIR PREADMISSION

What you need to know

Diet

- Start by drinking water only. If you can tolerate the water, try drinking juice, broth, tea, or coffee. If well tolerated, eat a light diet for the first 24 hours, then eat normally after that.
- Prevent constipation by eating foods high in fibre every day and by drinking 1-2 litres of liquids (unless contraindicated; to avoid straining during bowel movements).

Things to watch for

In addition to possible complications after any surgery, watch carefully for:

- Problems urinating;
- Nausea or vomiting;
- A hard, swollen abdomen;
- Your hernia reappearing;
- The pain not being relieved by pain killers.

As needed, call:

- **Info-Santé at 811**
- The Day Surgery nurse or receptionist (Monday to Friday, from 7:30 a.m. to 3:30 p.m.), at **450-829-2321, ext. 3248 or 3249**

Get well soon!

Our mission

To maintain, improve, and restore the health and well-being of the Québec population by making accessible an array of integrated and quality health and social services, while contributing to the social and economic development of Québec.

Our vision

Accessible and efficient health care and services that adapt to the needs of Québécois.

Our goals

The CISSS de la Montérégie-Ouest achieves its goals through its innovative approaches and stands apart through:

- its exemplary offer of care and integrated services based on interdisciplinarity, accessibility, and adaptability to the needs of its population;
- its willingness to question and improve its professional, clinical, and administrative practices;
- its appreciation of its personnel and the implementation of human resource management practices;
- its strong relationships with its partners.

Our values

Our actions are guided by five equal and interconnected values: compassion, collaboration, commitment, confidence and consistency.