

Patient Education

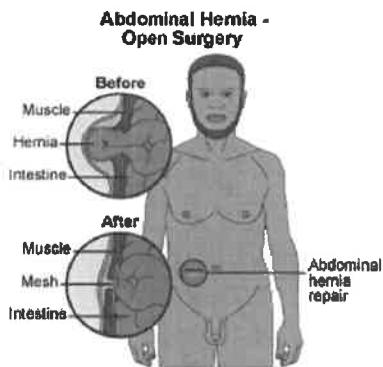
Abdominal Hernia Repair, Open Surgery

Printed on 2019-11-19

You must carefully read the "Consumer Information Use and Disclaimer" below in order to understand and correctly use this information

Why is this procedure done?

The belly wall covers the center of your body. It keeps your stomach and other body organs in place. Sometimes, part of your belly wall may become weak. This may cause organs to bulge or swell through the weak wall and get stuck. A hernia repair surgery fixes this weakness in the wall. Then, your organs stay in place.



What will the results be?

The belly wall is fixed and the hernia will be gone. Organs are less likely to get stuck in the belly.

What happens before the procedure?

- Your doctor will ask you about your health history. Talk to the doctor about:
 - All the drugs you are taking. Be sure to include all prescription and over-the-counter (OTC) drugs, and herbal supplements. Tell the doctor about any drug allergy. Bring a list of drugs you take with you.
 - Any bleeding problems. Be sure to tell your doctor if you are taking any drugs that may cause bleeding. Some of these are Coumadin, ibuprofen, Aleve (naproxen), or aspirin. Certain vitamins and herbs, such as garlic and fish oil, may also add to the risk for bleeding. You may need to stop these drugs as well. Talk to your doctor about them.
 - If you need to stop eating or drinking before your procedure.
- Your doctor will do an exam and may order:
 - Lab tests
 - ECG
 - CAT scan
- You will not be allowed to drive right away after the procedure. Ask a family member or a friend to drive you home.
- Take a bath before the procedure. You may be asked to use special soap or wipes to wash your belly. This will help to prevent infection.

What happens during the procedure?

- Once you are in the operating room, the staff will put an IV in your arm to give you fluids and drugs. You will be given a drug to make you sleepy. It will also help you stay pain free during the surgery.

- Your doctor will make a small cut over your hernia. The doctor moves the organs back into place. The muscles around the hernia will be sewn back into place. This will fix the hole or weakened part. If the hernia is large your doctor may use mesh to repair the hole. This may help keep the hernia from happening again.
- Your doctor will close your cuts and cover them with clean bandages.
- Sometimes the doctor puts numbing drugs into your belly after the surgery so you have less pain.
- The procedure most often takes less than 2 hours.

What happens after the procedure?

- You will go to the Recovery Room after the surgery. The staff will watch you closely. Your doctor may give you drugs for pain.
- You can most often go home after your surgery. In some cases, you may need to stay in the hospital overnight.

What lifestyle changes are needed?

- Eat foods high in fiber and keep a healthy weight.
- Learn an exercise program to strengthen the muscles on the belly area. This may lower the chance of your hernia coming back.
- Avoid heavy lifting after your surgery so that the hernia does not come back.

What drugs may be needed?

The doctor may order drugs to:

- Help with pain
- Fight an infection
- Soften stools

What problems could happen?

- Infection
- Bleeding
- Scarring
- Bowel blockage
- Pneumonia
- Blood clots in the legs

Where can I learn more?

American College of Surgeons

https://www.facs.org/~media/files/education/patient%20ed/ventral_hernia.ashx

American College of Surgeons

<https://www.facs.org/~media/files/education/patient%20ed/adultumbilical.ashx>

Consumer Information Use and Disclaimer:

This information is not specific medical advice and does not replace information you receive from your health care provider. This is only a brief summary of general information. It does NOT include all information about conditions, illnesses, injuries, tests, procedures, treatments, therapies, discharge instructions or life-style choices that may apply to you. You must talk with your health care provider for complete information about

your health and treatment options. This information should not be used to decide whether or not to accept your health care provider's advice, instructions or recommendations. Only your health care provider has the knowledge and training to provide advice that is right for you.

Last Reviewed Date

2019-01-23

 Wolters Kluwer

Copyright © 2019 Wolters Kluwer Clinical Drug Information, Inc. and its affiliates and/or licensors. All rights reserved.