

## Inguinal hernia repair

Inguinal hernia **is a bulging of peritoneum that protrudes through the abdominal muscles**. In men, the bulging is often directed towards the scrotum. Fat and intestines of the abdominal cavity can descend into the hernia. Symptoms include pain and a bulge in the groin.

### Procedure

Hernia repair surgery is usually performed under **spinal anaesthesia, or sometimes under general or local anaesthesia**. In the operation, the hernia sac is removed and the opening is covered with a non-absorbable synthetic mesh. The procedure can also be performed using keyhole surgery.

### Recovery

You should rest for the day of the operation. On the next day, you may walk and move as allowed by the pain. **Get up from your bed from the operated side, aiding with your arms**. Avoid sudden movements and effort, such as pushing, pulling, lifting, and carrying for the duration of your sick leave. **Avoid driving a car for approximately 10 days**, because in the beginning the leg of the operated side does not react normally while driving.

### Wound care

You can remove the folded bandages one day after the operation and also shower.

- A)** Absorbable sutures have been used to close the wound. They do not need to be removed. The wound tape can be removed after a week. At this point you can also go to the sauna, but wait one more week ( 14 days after the operation) before swimming or bathing.
  
- B)** Non- absorbable sutures have been used to close the wound. They will be removed after 10-14 days at your health centre, occupational health centre, or health clinic ( neuvola) ( \_\_\_\_\_ date). The wound tape should stay in place until then. You can go to the sauna the day after the removal.

The bruising around the wound, and in men, the swelling and bruising in the scrotum does not require treatment. They resolve by themselves within 1–2 weeks.

### Treatment of pain

At the final stage of the surgery, the area around the wound is administered with an anaesthetic, which reduces post-operative pain. **You are recommended to take painkillers regularly for 1–4 days** and after that when necessary:

Paracetamol

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Anti-inflammatory

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Strong painkiller

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Other medication

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**Follow-up visit** is not usually required.

**Sick leave** is usually 2–4 weeks depending on the type of surgery and the type of your occupation.

### **Contact us**

If you experience inflammatory symptoms (increasing pain, heavy swelling, warmth, redness, continuous wound discharge) or other problems, contact your health centre or treating unit.

Day Surgery Unit A2 on working days from 07.00–17.00 tel. **(06) 323 1552**

Emergency Department at other times tel. **(06) 323 1311**

Your own health centre or occupational health centre

**We wish you happy healing!**