

Umbilical hernia repair

A hernia is a weak **spot or an opening in the abdominal wall where intestines or omentum can bulge into a hernial sac**. Umbilical hernia can be found, as its name indicates, around the belly button. Symptoms are pain and bulging near the area of the belly button.

Procedure

The operation is usually performed under **general anaesthesia**. **A small hernia can also be repaired under local anaesthesia**. In the procedure, the opening in the abdominal wall is sutured so that the abdominal muscles come in two layers on the site of the hernia. A non-absorbable synthetic mesh can also be used to repair the hernia.

Recovery

You may walk and move freely after the operation, as allowed by the pain. Sudden movements and physical effort, such as pushing, pulling, lifting, and carrying should be avoided for the duration of the sick leave.

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.

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

Anti-inflammatory

Strong painkiller

Other medication

Follow-up visit is not usually required.

Sick leave is usually 1–3 weeks depending on the 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 !