



# Hernia Surgery



Changi  
General Hospital  

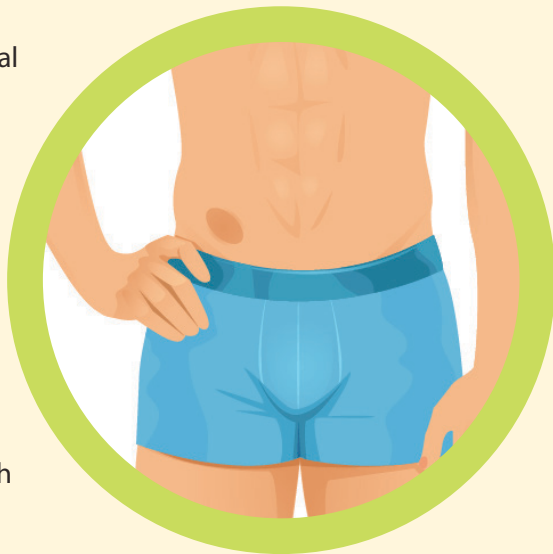
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SingHealth

## Hernia surgery

Hernias are protrusions of abdominal contents (fat or intestines) through a weakness in the abdominal wall muscles, and present as a swelling. There are many types of hernias but the most common, is the inguinal (groin) hernia.

Hernias may become more apparent or bigger when the patient is standing or straining, and may disappear when lying down. It may also be associated with discomfort, a pulling sensation, or even pain.



An untreated hernia may become irreducible and obstructed or strangulated. This happens when the blood supply to the hernia is cut off by the opening of the hernia sac (neck). If left untreated, the patient will become very ill and the condition is potentially fatal.

If you suspect you have a hernia, or have an abnormal groin swelling, you are advised to consult a doctor. You may be advised to undergo surgery to prevent complications.

Surgery is done through a small incision in the groin. The procedure involves returning the abdominal contents to the abdominal cavity, and reinforcing the weakened area of the abdominal wall by inserting a mesh over the weakened area. The mesh will cause the body to form strong scar tissue in the region where it is placed, to strengthen the abdominal wall in that region. There are different types and sizes of mesh and your surgeon will choose the most suitable one depending on your condition.

Duration of the surgery usually takes between 45 to 90 minutes, depending on the size and complexity of the hernia. It can be done under general anaesthesia, or under regional anaesthesia. Your anaesthetist will review your condition and discuss with you the most suitable option.

In younger patients with no significant medical problems (such as diabetes, hypertension, heart problems), the operation can be carried out as a day surgery, which does not require overnight hospital stay. Elderly patients or patients with more serious medical problems may require early admission one day before surgery and may need to stay one to two days after surgery to monitor their condition.

After surgery, you may feel some numbness over the inner thigh. This will mostly resolve over the next few weeks. You may also feel some tightness over the region of the surgery. This is due to the fibrosis and scarring that is taking place. Overtime, with normal activities, this will be resolved. You will be advised to refrain from carrying heavy loads during the immediate post-operative period, but you may gradually return to carrying loads after the initial period is over.

We also have a special outpatient post-hernia care physiotherapy programme to help you return to your pre-surgery functional status faster.

## Other common hernias

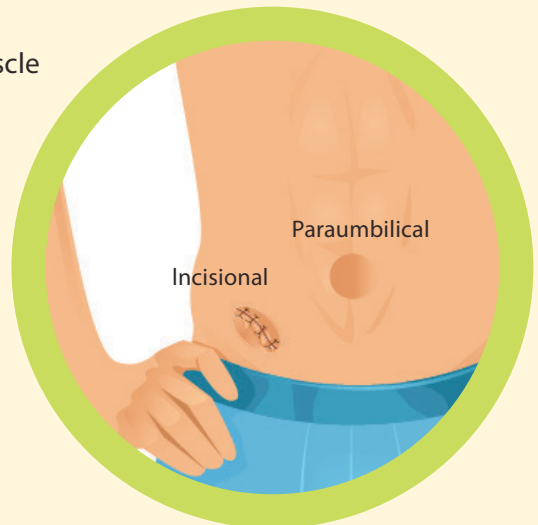
### Paraumbilical hernia

Paraumbilical hernia can develop to the left or right of the umbilicus. They usually present as enlarging lumps that are more prominent when standing or straining. They can also become incarcerated and cause pain.

### Incisional hernia

Incisional hernia occurs when the muscle layer underneath operation scars becomes weak. They can occur at various parts of the abdomen that have undergone surgery for conditions such as appendicectomy wounds or midline wounds.

If you suspect you have a hernia, consult your doctor, or make an appointment with our hernia surgery service.





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For appointments and enquiries,  
please call: (65) 6850 3333

Operating hours:  
8.30 am to 5.30 pm (Monday to Friday)  
8.30 am to 12.30 pm (Saturday)  
Closed on Sunday & Public Holiday

For more information, please visit [www.cgh.com.sg](http://www.cgh.com.sg)

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Information is valid as of September 2021 and subject to revision without prior notice.

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