



Hernia Surgery

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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.



If left untreated, hernias 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 you have an abnormal groin swelling, you are advised to consult a doctor. You may be advised to undergo surgery to prevent complications such as those mentioned above.

Surgery can be performed to repair a hernia, and to prevent complications such as strangulation or obstruction from occurring. Surgery involves returning the abdominal contents to the abdominal cavity, and reinforcing the weakened area of the abdominal wall. This is usually done with the insertion of a mesh over the weakened area. The mesh causes the body to form strong scar tissue in the region in which it is placed, and hence 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 the size and type of hernia you have.

Surgery is done through a small incision in the groin. It usually takes between 45 to 90 minutes, depending on the size and complexity of the hernia. Surgery 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 stays. Elderly patients or patients with more serious

medical problems may require admission one day before surgery and may need to stay one to two days after surgery to monitor their conditions.

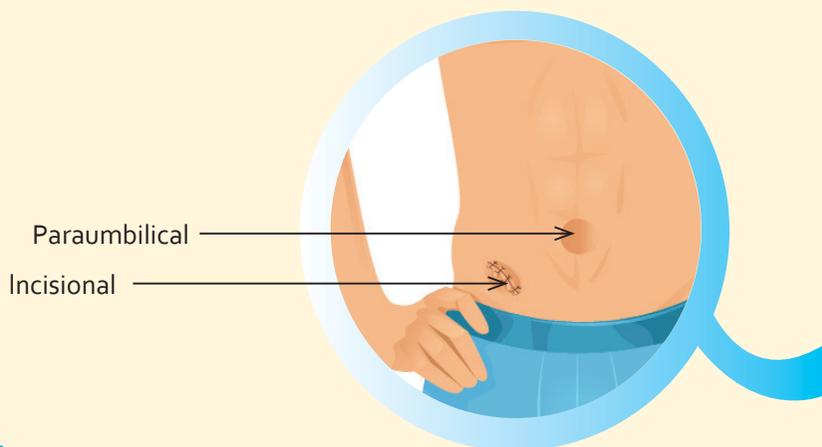
After surgery, you may feel some numbness over the inner thigh. This will mostly resolve over the next few weeks. You may also feel some tightness over the region of the surgery. This is due to the fibrosis and scarring that is taking place. Overtime, with normal activities, this will resolve. You will 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 repair physiotherapy programme to help you return to your pre-surgery functional status as quickly as possible.

Other Common Hernias

Paraumbilical Hernias

Paraumbilical hernias are hernias that 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 Hernias

Incisional hernias occur 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 mid line 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 the CGH Appointment Centre at
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