

My Planned Care Patient Information Platform

Surgery and Cancer Division – General Surgery

Hernia surgery

Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you can support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

Guidance for Patients

Your Consultant has recommended a surgical procedure to repair a hernia in an area of your body.

A hernia happens when an internal part of the body pushes through a weakness in the muscle or surrounding tissue wall. Hernias can be repaired using surgery to push the bulge back into place and strengthen the weakness in the abdominal wall.

The operation is usually recommended if you have a hernia that causes pain, severe or persistent symptoms, or if any serious complications develop.

Whilst you are waiting for your procedure, it is important that you keep as active and fit as your condition will allow. Regular exercise and good general health improve your recovery from surgery and reduces the chances of further complications.

For patients awaiting a hernia repair, gentle exercise is recommended, and the key is to focus on exercises that do not put strain on the area where your hernia is located.

If you have an abdominal hernia, you should avoid exercises which involve heavy lifting, but you can try walking, gentle jogging, swimming, and cycling.

What should I do if my health is deteriorating?

If you feel you are becoming more unwell, **please contact your GP or NHS 111 for medical review in the first instance**. They will be able to advise if this is something they can support you with during your wait, or they will be able to direct you to the appropriate service to determine a management plan.

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You should go your nearest A&E as soon as possible if you have a hernia and you develop any of the following symptoms:

- Sudden, severe pain
- Being sick
- Difficulty pooing or passing wind
- The hernia becomes firm or tender or cannot be pushed back in anymore

These symptoms could mean that the blood supply to a part of the organ trapped in the hernia has been cut off (strangulation) or that a blockage of the bowel inside the hernia has occurred (obstruction) and are medical emergencies.

Contact Us

Admission Date - Please contact the General Surgery Scheduling Team 01270 278303

Other advice - please contact Consultant's PA via Leighton Hospital Switchboard,

MCHTPatientHelpline@mcht.nhs.uk and **01270 826400**