

## POST-OP HERNIA INFORMATION

- Take the pain relief tabs as directed.
- Take all the antibiotics as prescribed.
- Rest up the first day, getting up to the toilet and dinner table only. On the next day do more as the pain settles. Increase what you do each day within the limits of your pain.
- Shower after removing the bulky dressing after 48 hours. Leave the skin tape on for 1 week.
- We will see you 7 days after the operation for a wound check and removal of sutures if required.
- Returning to work will depend on your occupation. Plan to return to light duties after a week and heavier duties are usually possible after 2 weeks.

Please do not hesitate to contact us if there are any problems or queries.

### Contact numbers:

Surgery: 377 5525

**Dr Gerald Young** B.H.B., M.B., Ch.B. FRNZCGP Mob: 027 490 7763

**Dr T Pritchard** B.H.B., M.B., Ch.B. Dip OMS, FRNZCGP Mob: 021 768 568

## OTHER PROCEDURES

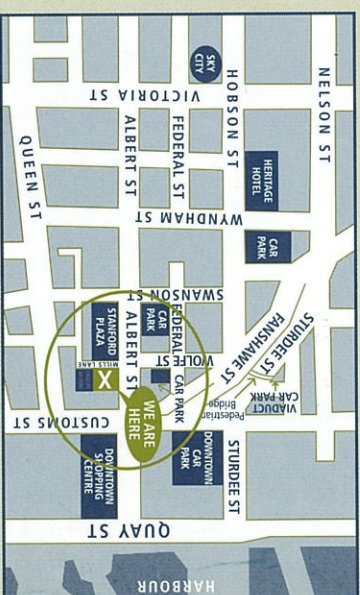
- Skin Surgery • Vasectomy
- Carpal Tunnel • Ingrown Toenail
- Melanoma • Circumcision
- Varicose Veins

## SURGICAL CARPARK

Drivedown Mills Lane to the very end of the Quay West Building. The carparks are in the very back corner of the building at street level.

Do NOT take the first left turn into the building, which is the ramp for private parking. Drive past this entrance another few metres and you will see the CityMed Surgical Clinic carparks.

Please advise reception of the make of your car and registration Thank you.



Ground Level Quay West Building  
Cnr Albert St & Mills Lane Auckland City  
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[www.citymed.co.nz](http://www.citymed.co.nz)

CityMed  
Hernia  
Clinic





**What is a Hernia?**

A hernia is the result of tissue from inside the abdominal cavity pushing through the muscles of the wall of the abdomen. This is much like when the inner tube of a tyre pushes through a break in the outer wall of a tyre

**Why do they occur?**

Hernias tend to occur in body areas where there is a potential natural weakness. Common areas are:

**Groin** – inguinal (ing/gwi-nal) hernias of the groin are commonest in men because the potential weakness is caused when the testicles pass from inside the abdomen through the abdomen muscles in the groin down into the scrotum. These hernias are up to 12 times more common in men than women.

The second groin hernia that can occur is the femoral hernia. The potential weakness here is caused by the main blood vessels of the leg passing out of the abdomen into the thigh.

**Umbilical** – These hernias occur in or around the belly button. Why this area is potentially weak is because the muscle of the abdominal wall had to have an opening to allow the umbilical cord to pass through connecting us with our mothers.

**How can they be fixed?**

Small umbilical hernias, where the defect is smaller than 2-3cm, can simply be fixed by using sutures to repair the hole.

The larger umbilical and groin hernias are now preferably repaired using surgical mesh rather than simply suturing the muscle layers together. Pulling the muscles tightly together with sutures to close the defect can cause the muscles to tear open again with time, which leads to another hernia.

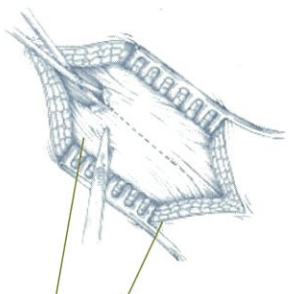
The mesh can be placed over the hernia defect from the outside in; called an open repair, more recently with laparoscopes the mesh can be inserted from the inside out. The open technique can be performed under general or local anaesthesia. Laparoscopic repair is performed under general anaesthesia.

Studies show that open mesh repairs are as good, if not better, than laparoscopic repairs. Open mesh repairs have less risk of hernia recurrence and less risk of major complications. Laparoscopic repairs have a marginally faster post-op recovery time.

**Mesh Repair under Local Anaesthetic**

A proven method of open mesh repair of groin hernias is the Lichtenstein technique.

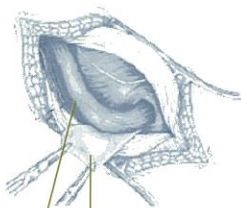
We perform this with sedation then an injection of local anaesthetic to the hernia area to make it numb.



The skin and the first layer of the abdominal muscle are divided to reach the hernia.

**Skin**

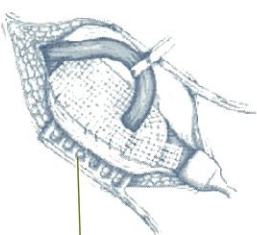
**Abdominal Muscle Layer**



The hernia is exposed and pushed back into the abdominal cavity.

**Hernia Sac**

**Cord to Testis**



The mesh is sutured in place.

The wound is then sutured closed with internal dissolving sutures. A special tape dressing is placed over the skin, which is then covered with a padded pressure dressing.

Some swelling, bruising, and discomfort is expected. The bruising will often track down to the scrotum because of gravity. An area of numbness in the groin skin can occur.

- An initial pre-op consultation is required to check the hernia and to go over the procedure with you.
- Please confirm the operation appointment the day before the procedure.
- You need to completely shave the area around the site of the hernia, which you will be shown at the pre-op consultation.
- Please allow time for parking as we try to start the operation on time.
- Payment is required on the day of surgery.
- \* This is a day procedure done under sedation, so please arrange for someone to drive you home.

To book your pre-op consultation call us on 377 5525

**CHECK LIST**

- Confirm appointment
- Shave
- \* Transport
- Payment