

Procedure Name: Hernia Repair-Open and Laparoscopic

Brief Description of Procedure:

Open Hernia Repair – Incision is made and sutures/stitches are used to close defects in the abdominal wall. Mesh may be used to reinforce the abdominal wall and prevent hernias from recurring. Mesh is sutured/stitched over or deep to the weakened area in abdominal wall after hernia is pushed back in place.

Laparoscopic Hernia Repair – Is a less invasive way to repair hernias. This surgery uses a scope, which is attached to a camera allowing the surgeon to see inside the abdomen by a monitor or TV screen. Carbon dioxide is used to inflate the abdominal cavity for greater visibility. This procedure is performed through 3 small 1/2 inch incisions.

Describe anesthesia type that is typically given:

General Anesthesia is required for laparoscopic hernia repair and local, spinal, or general anesthesia may be used for open hernia repairs. See Anesthesia Section. This would be discussed with you and your physician prior to your surgery.

What patients that smoke can expect when having surgery:

After surgery your anesthesia specialist will check your breathing and lung sounds to determine if a breathing treatment is needed. Smoking increases airway irritation, which leads to wheezing and coughing. Further breathing treatments and medication are sometimes needed.

Average length of surgery time:

30-60 minutes

Average length in immediate recovery time:

30 minutes



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Average length for time of discharge:

Expect to be here an average of 1 to 2 hours after surgery. During this time you may experience some discomfort. Medication can be given to make pain tolerable.

When can you go back to work:

Depending on your occupation you and your doctor will discuss when you may return to work. At your post operative visit your surgeon will discuss any further need to be off work based on your occupation.

What will my weight-bearing limit be after surgery:

Patients must avoid lifting over 10 pounds for 2-3 weeks.

What kind of post discomfort can you expect:

Open – You may experience pain from the incision. Your surgeon will write a prescription for medication to help control the pain.

Laparoscopic – You may experience discomfort 6-8 hours in you abdomen that may radiate to your shoulders due to the gas inflated in the abdomen during the procedure. Sitting in a chair, walking as soon as possible after the surgery, will help decrease gas discomfort. You may experience pain from the incisions and in area of hernia. Your surgeon will write a prescription for medication to help control the pain.

Surgical Safety Checklist:

For optimal quality care and surgical safety, the following will be confirmed between patient, surgeon, and surgery team prior to anesthesia:

- Identity of the patient
- Surgical Site
- Procedure
- Sign Consent
- Surgeon to mark the surgical site, if applicable
- Allergies



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