

## Hernia Surgery - overview

A hernia is the movement of tissue or an organ (i.e. bowel) through a hole in the wall of a cavity in which it normally stays. The 2 most common types of hernias we repair at RVH are inguinal (groin) and umbilical (belly button) hernias. Both types of hernia can cause pain, especially when lifting, coughing, or straining. However, just because a hernia is present does not necessarily mean it needs to be repaired.

We will meet with you and speak to you about the risks and benefits of surgical repair, and whether it is the right option for you given your current symptoms.

In general, we repair hernias with both sutures and a flat piece of mesh that helps recreate a strong abdominal wall. This type of repair is the gold standard recommended by hernia societies worldwide and is safe and effective.

### **What to expect after your hernia surgery:**

Hernia surgeries are usually day surgery. You will be given a prescription for stronger pain medication in case you need it, but usually Tylenol and an anti-inflammatory medication are sufficient pain control.

It is important not to lift any weight over 10 pounds after your surgery for 4 weeks. This helps your tissues heal and lowers the risk of recurrent hernia.