

- Instruments are then inserted through the other small cuts to perform the repair.
- Repair is carried out using a mesh.

### How long does the procedure last?

Operative time is approximately 30 to 45 minutes.

### What will I expect afterwards?

- The return to normal activity depends upon a number of factors.
- Many patients are able to return to 'office' routines in days.
- More physical occupations, including sport can take up to 2 weeks.

### What are the risks associated with the operation?

- You will be uncomfortable and may feel bloated after your operation.
- Bruising or minor swelling at the site of the operation.
- Feeling sick as a result of the anaesthetic; medicines are available to help control this.
- For a few days after the operation, emptying the bladder may be more difficult than usual.
- Inguinal hernia return in 1-4% of cases treated
- There will be small scars from the keyhole incisions and a longer scar if open surgery is performed.

- A small chance of continuing of pain in the groin due to the handling of a nerve
- In men painful swelling of the scrotum or testicles

### Any worries or concerns

If you have any questions please feel free to speak to your SPECIALIST or nurse who are looking after you.

We will always try to answer any question or query that you may have and hope that this leaflet has been of some help to you.

### Useful websites

[www.nhs.uk](http://www.nhs.uk)  
[www.sunderland.nhs.uk/chs](http://www.sunderland.nhs.uk/chs)

This information was correct at the time of printing. While the Trust makes every reasonable effort to keep its information leaflets up to date, very recent changes may not yet be reflected in the guidance and you should discuss this with the clinical staff at the time of your appointment.

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# LAPAROSCOPIC INGUINAL HERNIA REPAIR

## PATIENT INFORMATION LEAFLET

General Surgery

Sunderland Royal Hospital

## What is this leaflet about and who is it for?

- This leaflet has been produced for those patients who are about to undergo a keyhole Inguinal Hernia Repair.

## What is a hernia?

- A hernia (rupture) is usually noticed as a lump, commonly in the groin or the umbilical region.
- It appears when a portion of the tissue, inside the abdominal cavity protrudes out of the body.
- This can give rise to discomfort as the hernia enlarges and can sometimes be dangerous if a piece of intestine becomes trapped.

## What are the benefits?

Minimal access surgery (keyhole) usually results in:

- Shorter stay in hospital
- Less pain after surgery
- Faster return to normal activities
- Less incidence of chronic groin pain after the operation

## What are the disadvantages?

- It cannot be carried out under local anaesthetic.
- Some studies have reported more operative complications.

## Is there an alternative?

- The procedure can also be carried out via 'open' surgery where the surgeon makes incisions into the abdomen.
- The open operation can be done using general anaesthetic or an 'inguinal block', which involves an injection of local anaesthetic to completely block feeling from the groin region for the duration of the operation.
- The hernia is pushed back through the gap into the abdomen and the gap is then closed with mesh and stitches.

## Why am I having it?

- Your specialist believes this is the most appropriate operation for someone with your particular hernia.

## What preparation is needed?

- You will be invited to attend a pre-assessment clinic for a general health check.
- This may include an ECG (tracing of the heart) and blood samples to check if you are fit for a general anaesthetic.
- When this is complete you will be offered a date to come into hospital.

- You will also be given details about when to stop eating, drinking and smoking before your operation.

## What will happen on arrival and whom will I meet?

- You will be admitted to the ward and introduced to your named nurse who will direct and implement your nursing care
- You will also be reviewed by the medical staff and the anaesthetist.

## Will I need to sign consent?

- Your consent to the operation will be confirmed prior to your operation.

## What does the procedure involve?

- A hernia repair is usually carried out as a day case, but an overnight stay is sometimes necessary.
- Keyhole hernia surgery involves making a small cut near the umbilicus (belly button) and inserting a rigid, tube-like telescope called a laparoscope.
- The abdominal cavity will be filled with gas to give the surgeon a better view of the interior spaces.
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