

General Surgery – Hernia Repair

Introduction

General Surgery deal with the diagnosis and management of hernia related conditions that require surgical intervention.

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.

Guidance for Patients

Whilst you are waiting for your surgical intervention please avoid any heavy lifting or strenuous activities which can also put further strain on your hernia. These include lifting furniture, boxes, or other heavy objects. It's recommended that you get assistance lifting heavier items, especially if you have a larger hernia.

Whilst you are waiting for your procedure, it is important to maintain a healthy lifestyle. Please see our general health advice on the My Planned Care website.

What should I do if my health is deteriorating?

If you feel you are becoming more unwell, **please call NHS 111 for medical review in the first instance.**

You should go your nearest A&E straight away 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.

These symptoms could mean that either:

My Planned Care Patient Information Platform

- the blood supply to a section of organ or tissue trapped in the hernia has become cut off (strangulation)
- a piece of bowel has entered the hernia and become blocked (obstruction)

A strangulated hernia and obstructed bowel are medical emergencies and need to be treated as soon as possible.

Contact Us

A dedicated e-mail address for My Planned Care enquiries: soh-tr.so-mpcqueries@nhs.net