

My Planned Care Patient Information Platform

General Surgery - Hernia Repair

Introduction

The Covid-19 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. We know that it can be very difficult for many people who are waiting.

The NHS is working hard to see people as quickly as possible, but it is going to take a while before waiting times are back down to where there were before the Covid-19 pandemic began in the UK in early 2020.

This document provides you with information on how you can support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

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 refer to the Generic Health Advice Document which offers advice and support on a range of items such as eating healthier, a smoke free lifestyle, pain management and mental well-being support.

What should I do if my health is deteriorating?

Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, seven days a week.

Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

GP surgeries

GP practice staff are also helping patients to manage their conditions at home while they wait for hospital appointments. GP surgeries are working differently to how they did before the COVID-19

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pandemic and GP practices continue to make best use of telephone, online and video consultations. Face-to-face appointments are still being given to those who need it.

When you phone or use an online form to contact your GP surgery to make an appointment, you will be asked some questions which are designed to help staff guide you to the most appropriate clinical person to help you with your condition. This could be a nurse, clinical pharmacist, physician's associate, GP or paramedic.

Related Symptoms

If your hernia becomes troublesome in the form of pain you can contact the specialty administration team (contact details below) who will then be able to discuss your symptoms with the relevant Consultant to see if the relevant changes require your operation to be brought forward.

However, if your health has significantly deteriorated please seek support from your GP or attend a local A&E if necessary.

Contact Us

General Surgery Specialty Administration Teams: -

Grimsby –	SAT 1	email: nlg-tr.SAT1@nhs.net
	telephone number:	03033 306529
Scunthorpe –	SAT 4	email: nlg-tr.SAT4@nhs.net
	telephone number:	03033 306532