

There are a number of different procedures which are part of the General Surgery specialty. Below is guidance for one specific procedure. Further information about other common procedures can be found through the below link:

<https://www.nhs.uk/conditions/>

Hernia procedures

A hernia happens when an internal part of the body pushes through a weakness in the muscle or surrounding tissue wall. Your muscles are usually strong and tight enough to keep your intestines and organs in place, but a hernia can develop if there are any weak spots. Hernias can be repaired using surgery to push the bulge back into place and strengthen the weakness in the abdominal wall.

The operation is usually recommended if you have a hernia that causes pain, severe or persistent symptoms, or if any serious complications develop.

Whilst you are waiting for your procedure, it is important that you keep as active and medically fit as your condition will allow. Regular exercise and good general health improve your recovery from surgery and reduces the chances of further complications.

For patients awaiting a hernia repair, gentle exercise is recommended, and the key is to focus on exercises that do not put strain on the area where your hernia is located.

If you have an abdominal hernia, you should avoid exercises which involve straining or pulling your stomach. You could try:

- Walking
- Gentle jogging
- Swimming
- Gentle yoga
- Cycling

If you are waiting for a repair of an abdominal wall hernia is highly recommended to keep a healthy weight which would improve your surgery outcome and improve your recovery.

To find out more about what to expect during your procedure, please review the appropriate NHS Conditions website:

www.nhs.uk/conditions/hernia/

www.nhs.uk/conditions/weight-loss-surgery/

