

Having a Laparoscopic Hernia Repair Information for patients

You are due to come to the Day Surgery Unit for your operation.

We hope this leaflet will give you some idea what to expect and help you understand what happens during and after the operation. If you have any worries or questions about your operation, please feel free to telephone the **Day Surgery Unit on 01273 696955 extension. 7242 between 8.00am and 5.00pm Monday to Friday.**

If you have any special needs (if you use a wheelchair or need an interpreter, for example) please let us know in advance so we can make the necessary arrangements.

Before you come to the Unit:

Please follow the instructions about diet that are provided in the leaflet enclosed. The leaflet also provides details on what to bring – and what not to bring – with you.

Getting to the Unit:

The Day Surgery Unit is located at Royal Sussex County Hospital, Level 5 the Millennium Wing. When you arrive the receptionist will welcome you and a nurse will admit you to the ward.

Before your operation:

Once you have settled into the ward, before you have your operation, the anaesthetist and the surgeon will see you. If you still have any concerns or questions about the operation, this will be a good time to discuss them.

What will happen during the operation?

Hernias are very common. They are normal openings in the abdominal wall muscles which allow abdominal contents to bulge outwards.

Newer laparoscopic or keyhole techniques have been developed and these can reduce the size of the scar and reduce the post-operative recovery period from 8 weeks down to 2 weeks.

What will happen after the operation?

- As you are going home the same day you will need to be able to drink and have something light to eat, walk about as you normally would and have passed urine.
- You will have small dressings on your stomach when you return from theatre; these can be removed after 48 hours.
- You will have dissolvable stitches.
- You may experience cramp-like pains or pain in your shoulder tip from the gas used to inflate your abdomen during your surgery. This is known as “referred pain” and is not unusual.
- You can return to work after 5 days if you feel able.
- After the operation patients should not do any heavy lifting or heavy exercise for six weeks but light duties and walking are encouraged

- You should not drive for 7-10 days and you must be able to perform an emergency stop without causing yourself pain.

What shall I do if I experience problems?

If you have problems, such as bad abdominal pain, raised temperature, concerned about your dressings or generally feeling unwell, we are responsible for the first 72 hours care.

If you are having problems please do not hesitate to contact the on call the Vascular SHO via the hospital switchboard on 01273 696955 within 72 hours.

Do I need to arrange anything for after my operation?

After a general anaesthetic or sedation your co-ordination and logical thinking may be temporarily affected due to the anaesthetic drugs. For your own safety it is important to follow the instructions below:

- You must have a responsible adult to collect you from hospital and accompany you home.
- Remain with a responsible adult for 24 hours following discharge from hospital.

For 48 hours:

- Do not drive.

- Do not drink alcohol.
- Do not smoke.
- Do not use power tools.
- Do not make any vital decisions or sign legal documents.
- Do not stand for long periods of time, or rise from a sitting to standing position too quickly as you may feel dizzy or faint. Tell someone, lay down flat and rest if this happens.

Would you like to tell us about your stay?

We want your stay with us to be as comfortable as possible and we will always be pleased to hear any ideas you may have about how our service could be improved. If, while with us, you are unhappy about any aspect of your treatment or care, please let us know so that we can do our best to resolve the problem at the time.

The Patient Advice and Liaison Service (PALS) are also available to discuss any areas of concern that you may have, they can be contacted via the switchboard on 01273 696955 extension 4029 or 4588.

You may put any comments you may wish to make in writing to:

The Chief Executive, Royal Sussex County Hospital, Eastern Road, Brighton, BN2 5BE

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Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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If you do not understand this leaflet, we can arrange for an interpreter.

إذا كنت لا تستطيع فهم محتويات هذه النشرة فيمكننا عمل الترتيبات لتوفير مترجم شفوي لك.

এই পত্রিকাটি যদি আপনি বুঝতে না পারেন, তবে আমাদের অন্য ভাষায় একজন অনুবাদকের ব্যবস্থা করে দিতে পারি।

如果您不明白本單張的內容，我們可安排口譯員服務。

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اگر مندرجات این جزوه را نمیفهمید، ما می‌توانیم مترجم در اختیارتان بگذاریم.

Jeśli masz trudności w zrozumieniu tej ulotki, możemy zorganizować tłumacza.