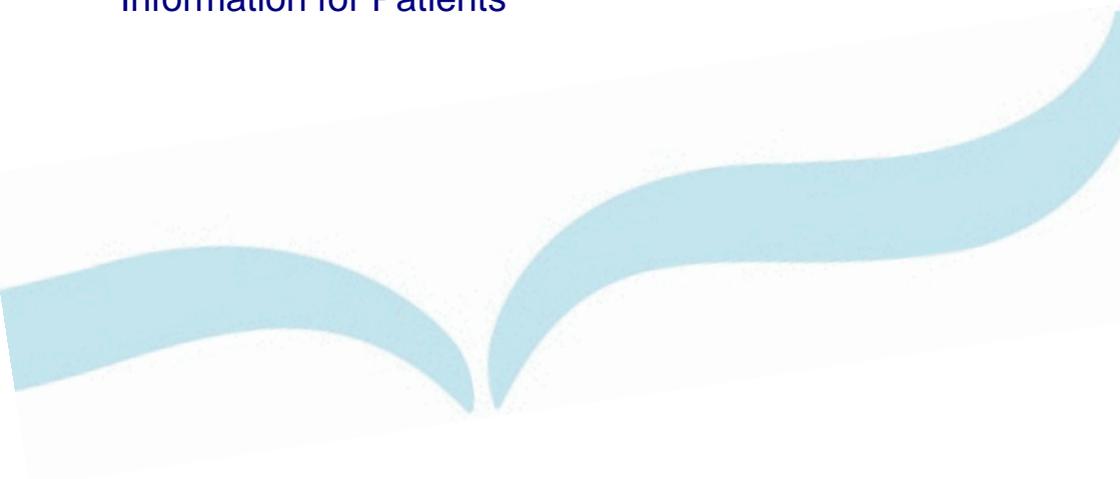


NHS Forth Valley
One Stop Hernia Service

Hernia Repair Under Local Anaesthetic

Information for Patients



Having a Hernia Repair under Local Anaesthetic

This leaflet describes what will happen now that you and your GP have decided that you would like to have your hernia repair done as a 'one stop' day case using a local anaesthetic. With a local anaesthetic, the area for surgery is injected with a medicine that 'freezes' the area so that you do not feel anything, but are still awake. With a general anaesthetic (GA), you are given medicine by an anaesthetist, which puts you to sleep during the procedure. Either method is available. This leaflet describes the process for Local Anaesthetic.

You will first meet your surgeon on the day of your operation, therefore this leaflet describes in detail what will happen on the day of your operation and how you will feel afterwards. We also need to make sure that you understand fully what the next steps in the process are in order to have your operation, and this is described in the following sections.

What is a Hernia?

A hernia is a condition in which part of the intestine bulges through a weakness in the muscle of the wall of the abdomen, this can occur in both men and women. An Inguinal Hernia occurs in the groin in men and can sometimes go into the scrotum. A lot of young people who have this hernia are born with a defect in the region, but some develop this weakness with age or because of lifting heavy weights or being overweight. Unfortunately, once someone has developed a hernia, it does not get better on its own. It has to be treated by an operation.

Symptoms of hernia include a lump, which may only become visible when you stand or cough or strain. Some lumps may be there all the time and may even go into the scrotum. Sometimes patients are able to push these hernias back. Some patients may feel a dull ache, pain or pulling with these hernias. From time to time some of these hernias can get stuck and even strangulate and become very painful. If this occurs you need to see a doctor urgently.

Your date of Surgery

The surgical secretary is available on 01324 566941 between 9.00-4.00pm, Monday to Friday, if you would like to discuss anything. This is a one-stop service. You will only visit the hospital on the day you actually have your operation.

Instructions before Surgery

1. Take all your medications as normal and bring any inhalers you use to the hospital with you.
2. On the morning of your appointment, please have an early light breakfast of tea and toast before 7am.
3. Please do not smoke, eat or drink anything at all after that unless you are diabetic. If you are diabetic you should have some light sugar-containing food before 7am.
4. Bring slippers, a dressing gown and a list of your medication.

On arrival at the Day Surgery Unit - Forth Valley Royal Hospital

The Day Surgery Unit is on the first floor of Forth Valley Royal Hospital (Larbert). Please follow the signs for Ambulatory Care, and report to the Day Surgery Unit on arrival.

Please allow adequate time for dropping off or parking as the car park can be very busy.

On the day of your operation

- You will meet the nursing staff who will complete the necessary forms and check your details etc.
- You will then see the Consultant Surgeon and his team of doctors. You will have a thorough examination to make sure that you have a hernia and that your hernia is suitable to be done under Local Anaesthetic.
- If for any reason we find that your hernia is best operated under a general anaesthetic (putting you to sleep), arrangements will be made for this to be done at a later date.
- Your surgeon will explain the whole procedure in detail. You will be told about the very rare but possible complications that may occur after such an operation. These *are* rare, but we have by law to explain them to you. Complications are significantly less if you have the operation under a Local Anaesthetic.
- You will then be asked to sign a consent form to allow us to do the operation and give you the local anaesthetic and mild sedation medicine that is needed.
- If you have any questions, please make a note of them so that you can ask the doctor or nurse. Please feel free to ask anything you want during the consultation or during or after the operation. There is ample time to ask questions.
- Feel free to bring a relative or friend with you. Please be aware that space is limited and your relative/ friend may not be able to stay with you, in the Day Surgery Unit. Relatives/friends may prefer to leave and come back when you are ready. The staff will do their best to answer all your questions and make your stay in the hospital as comfortable as possible.

- Once you have seen the surgeon, the nurse will take you to the pre-operative area and get you ready for the operation. The nurse will need to go through some routine questions to make sure we are aware of any medical problems, medications and allergies
- You will be asked to change into hospital clothes. Please bring your dressing gown and slippers as you may walk to theatres for your operation
- Please make sure you empty your bladder when the nurse tells you that it is your turn for the operation

A nurse will walk you to the operation theatre where you will meet the surgeon (whom you saw earlier that morning). He will explain the operation again and give you the local anaesthetic to freeze the area and explain what he is doing at every step of the way.

After the operation

Once you have had your operation, you will return to the ward with a nurse. You will get something to eat and drink and you will stay there for 1-2 hours for routine observations and then be allowed to walk around. Once you have passed water and feel comfortable and the nurse has gone through what you should and should not do, you will be allowed home. The nurse will also give you the contact number if you need to speak with us once you have gone home.

You should go home with a responsible adult.

After you go home

You can expect to have some pain around 4 hours after your operation so take the painkillers you are given. On the morning after the operation, take the painkiller tablets given to you and have your breakfast in bed. About half an hour after taking the tablets, get out of the bed and move around. The earlier you start moving, the better you will feel. Try not to walk bent over, as it makes the stitches feel tighter and causes more pain. The first few steps are the worst, after which the pain will start to ease off.

Care of your wound

There are no stitches to be removed. The dressing is shower proof and does not need to be changed at all. Please leave it alone for 10 days and then just peel it off. You do not need any special care of the dressing. Sometimes a little blood stained fluid collects under the dressing. Please peel off one edge of the dressing and let the fluid out.

You can have a shower after 24 hours and a bath after 10 days.

There will be some bruising around the scar which can spread downwards, due to gravity, towards the scrotum and penis/labia. This takes one to two weeks to clear. The wound site can remain numb for about 12 weeks until the nerve endings in the skin have re-grown. Very rarely the numbness is permanent.

Contact Telephone Number

If you are concerned about anything in the first few days after your operation please call the 24 hour day surgery unit on 01324 567537. You should call this number for advice rather than your own GP.

Activity

Do take it easy for the first 48 hours. You are free to move around in the house and go up and down stairs or to the toilet. You can return to normal activities gradually over the next week or so. **YOU MUST NOT LIFT ANYTHING HEAVY FOR AT LEAST 6 WEEKS AFTER THE OPERATION.** You are free to do a little bit of gardening, shopping etc, but no moving of furniture and heavy activities like that. You can go back to driving once you feel confident to do an emergency stop (usually 2 weeks after the operation).

Coughing, sneezing and going up and down stairs, although uncomfortable, will not cause any lasting effect on your hernia repair.

You can obtain the service of an interpreter or have this document translated in your own language by contacting the interpreting services on 0845 130 1170. These services are available free of charge.

ਤੁਸੀਂ, 0845 130 1170 ਤੇ ਦੁਬਾਜ਼ੀਆ ਸੇਵਾਵਾਂ (interpreting services) ਨੂੰ ਸੰਪਰਕ ਕਰਕੇ ਇਹ ਦੁਬਾਜ਼ੀਏ ਦੀ ਸੇਵਾ ਜਾਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਦਾ ਆਪਣੀ ਬੋਲੀ ਵਿਚ ਅਨੁਵਾਦ ਲੈ ਸਕਦੇ ਹੋ। ਇਹ ਸੇਵਾਵਾਂ ਮੁਫਤ ਹਨ।

Re-order Ref: P17/0014/WG Issue Date: 2007 Review Date: 2009
آپ 0845 130 1170 پر انٹریپرٹنگ سروس سے رابطہ کر کے مترجم کی خدمات حاصل کر سکتے ہیں یا اس دستاویز کا ترجمہ اپنی زبان میں کرا سکتے ہیں۔ یہ خدمات مفت دستیاب ہے۔

您可以通過撥打翻譯服務熱綫 0845 130 1170 取得翻譯員服務或得到此文件的翻譯版本。 這些服務都是免費的。

Galite prasyti vertejo paslaugu arba gauti sita dokumenta isversta I jusu kalba kreipdamiesi I musu vertimo paslaugu biura skambindami 0845 130 1170. Sitos paslaugos yra nemokamos.

يمكنك الحصول على خدمة الترجمة الفورية أو القيام بترجمة هذه الوثيقة إلى لغتك الأصلية عن طريق الإتصال بخدمات الترجمة الفورية على رقم 0845 130 1170. هذه الخدمات متاحة مجاناً بدون أى مقابل مادي.

Dzwoniąc do biura tłumaczeń pod numer 0845 130 1170 możecie Państwo prosić o tłumacza albo otrzymać ten dokument przetłumaczony na wasz język ojczysty. Powyżej wymienione usługi są darmowe.

If you, or someone you know, would like this in an alternative format, such as audiotape or large print then please phone us free on 0800 456033, fax your request to 01786 470984 or email us at yourhealthservice@fvhb.scot.nhs.uk

SMOKING IS NOT PERMITTED ON NHS FORTH VALLEY PREMISES

This includes corridors, doorways, car parks & any of our grounds. If you do smoke on NHS premises you may be liable to prosecution and a fine.



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Carseview, Castle Business Park,

Stirling FK9 4SW www.nhsforthvalley.com

email: yourhealthservice@fvhb.scot.nhs.uk