

In the Name of God
Ardabil University of Medical Sciences
Educational and Treatment center of Imam Reza

Hernia

Prepared by: Fatemeh Mohammadi

Source: Internal-surgical nursing, Brunner and Suddarth

Supervised by: Educational supervisor

Confirmed by: ---

What is hernia?

Hernia is the abnormal exit of tissue or an organ, such as the bowel, through a hole in the wall of the cavity in which it normally resides. These holes can be either congenital or acquired.

Why does hernia arise?

The most prevalent type of hernia is groin hernia which mainly occurs in men. The following are the risk factors of hernia:

- Coughing a lot
- Age of beyond 60 years
- Obesity

- Pregnancy
- Chronic constipation (due to straining for defecation)
- Lifting heavy objects

What are the symptoms of hernia?

- The most common symptom of hernia is swelling, which usually gets back to normal with a mild pressure or lying down for some time.
- Feeling of pain in the part of the body where an organ has exited its normal place
- Swelling and pain in testicles

Why should hernia be operated?

It is possible that bowel or other organs get stuck inside the hernia sac and cannot get out of it. As the result, the bowel or any other stuck organ might get obstructed, pigmented, or torn apart. In addition to removing such risks, surgery is also done to avoid feeling of pain induced when standing or lifting heavy objects.

Is it possible to use hernia belt instead of surgery?

Hernia belt does not help the treatment of the condition, it just reduces its symptoms. Therefore, even when you use a hernia belt, the hernia gets bigger and causes damages to your body.

What are the post-operative cares after hernia surgery?

- After surgery, you might be unable to urinate. This problem can be fixed by putting a hot water bottle on the bladder. In case you could not urinate, urinary catheter is temporarily attached to drain urine.
- After getting the permission of your doctor, get out of the bed as soon as possible and walk. Walking helps your recovery.
- To reduce pain, wear tight shorts (after consulting with your doctor and considering the type of hernia).
- Begin your diet with liquids, then with light foods; Increase your food consumption gradually in 1-2 days.

What cares should be taken at home?

- Normally, you don't need to dress the wound of the operation site, unless it begins secretion.
- You can take a bath 72 hours after surgery.
- Keep the operation site dry and clean.
- Use the prescribed medications regularly as ordered by your doctor.
- Increase the consumption of foods containing fiber as well as fresh fruits and vegetables.
- Avoid the consumption of bloating foods.
- Resume your normal activities 3-5 days after surgery. However, avoid lifting objects heavier than 5 kg at least for 6 weeks.
- The stitches will be removed 7-10 days after surgery in the first visit by the doctor.

Refer to your doctor in case any of the following symptoms arise:

- Redness, swelling, and secretion from the operation site
- Fever and shivering
- Nausea and vomiting