

Laparoscopic Inguinal Hernia Repair

Wound Care

You will have two maybe three small incision sites. These will be closed with stitches that will slowly dissolve; they do not need to be removed. It is normal to experience tingling, numbness or itching around the wound - this does not require any treatment and will eventually settle. When coughing or sneezing, support the wound by placing the flat of your hand over the wound, this will help to reduce any discomfort.

After the operation most patients will experience a lot of bruising and some swelling. This can extend to the scrotal area in men. Men are advised to wear tight fitting underwear for the support. If the pain in your wound increases or the wound begins to swell, becomes reddened or discharges, you should contact your GP for advice.

Bathing

Keep the wound dry and covered for three days, then, after the dressing has been removed, you can have quick baths or showers for the first week (do not soak the wound). After that return to normal.

Bowels

Following this type of operation, it is not unusual for your bowels to become irregular or constipated. This will improve as you become more active but you may wish to take a mild laxative if you are feeling uncomfortable. Your local pharmacist will advise you which laxative to take.



Pain relief

You will be given some tablets to relieve pain after you get home. It is advisable to take these tablets regularly for the first few days as a small amount of discomfort is easier to manage. If you require more pain killers your GP will prescribe them for you.

Work, driving and other activities

You can expect to return to normal activity within 6 to 10 days, work within 14 to 21 days and any strenuous or athletic activity within 24 to 36 days. You can drive a car 2 to 3 days after your operation but you must be able to cope with an emergency stop as well as the normal movements associated with driving. Your first journey after the operation should be a short one.

Contact Details

The following contact numbers are for **advice only**.

Bassetlaw Day Surgery Unit, Bassetlaw Hospital

Monday to Friday 8am to 6pm. **Telephone: 01909 502560.**

Out of hours (for the first night only). **Telephone: 01909 500990 ext 2254**

Rockingham Day Unit, Montagu Hospital. Monday to Friday 8am to 6pm.

Telephone: 01709 321107. Out of hours (for the first night only): Ward 21 Doncaster Royal Infirmary **01302 553150.**

Doncaster Ward 20 (Male) 01302 553149, Ward 21 (Female) 01302 553945.

If you have any concerns or experience any problems please contact your GP or for anything urgent attend the nearest Accident and Emergency Department.



Instructions for Patients following General Anaesthesia

General anaesthesia can affect your co-ordination and movement. You may feel more tired than usual for a day or two and you may not be able to think clearly at times.

You should follow the instructions below for at least 24 hours after discharge from hospital.

1. You must rest for the remainder of the day. If you experience any dizziness at home during the first 24 hours - lay down with your legs elevated until the dizziness has passed.
2. You must not drive a vehicle, operate machinery, gas or electrical appliances for at least 24 hours, possibly 48 hours.
3. Do not drink alcohol for at least 24 hours after a general anaesthetic.
4. Do not take tranquillizers or sedatives for the first 24 hours unless you have been told to do so.
5. You will have been given some tablets to relieve the pain after you get home, there may be more than one kind please take these as instructed.
6. You may eat and drink as normal. If nausea has passed.
7. You should arrange for a responsible adult to stay with you overnight.
8. Increase daily activities gradually, do not do too much too soon.

If you have any concerns or experience any problems please contact your GP or for anything urgent attend the nearest Accident and Emergency Department.



Patient Advice & Liaison Service (PALS)

PALS staff are available to offer advice or information on healthcare matters. The office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email. PALS staff can also visit inpatients on all Trust sites.

The contact details are:

Telephone: 01302 553140 or 0800 028 8059

Email: pals.dbh@dbh.nhs.uk.

Day Surgery

