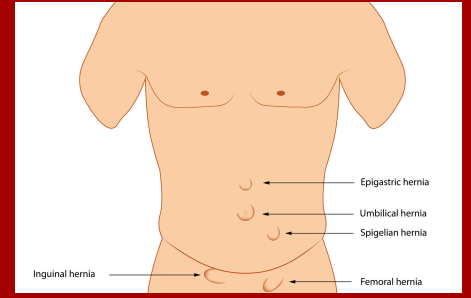




**ROCHESTER
GENERAL
SURGERY**



What is a hernia?

A hernia is a gap or hole in the abdominal wall that allows intra-abdominal contents (bowel, fat or bladder) to protrude from the inside to the outside. Patients may have no pain, mild pain, aching or pressure at the site of the hernia that may worsen with straining. A hernia is almost always associated with a bulge in the area.

How is a hernia repaired?

There are two ways a hernia can be repaired: open surgery or minimally invasive surgery, usually robotic. Typically an umbilical hernia is small and can be repaired through a small incision near the umbilicus.

Do I need a mesh?

An umbilical hernia repair can be performed without a mesh. Placement of mesh in an umbilical hernia depends on multiple factors including: size of hernia, quality of tissue surrounding the hernia, presence of diastasis recti, size of the patient and activity level of the patient. The decision regarding mesh placement is usually made at the time of surgery.

What can I expect after surgery?

Surgery is typically performed in an outpatient setting. You can expect some pain and discomfort. You will be sent home with pain medication. Every person has a different tolerance for pain and your exact pain medication regimen should be discussed with your surgeon.

What can I do for activity?

You will be on light activity and minimal lifting for the first two weeks. Each person and surgery are different so activity restrictions beyond two weeks may differ from person to person.

How do I know if something is wrong?

Swelling and bruising is normal. As stated above, pain is also expected. If you have ongoing bleeding, redness, fever, drainage or significant pain not relieved by pain medication please call your surgeon.

