

# Ventral or Umbilical Hernia



## What is a hernia?

A hernia is a hole in the “skin” of the muscle known as “fascia”

This hole in the fascia usually occurs somewhere along the muscles of the abdominal wall

This can lead to fatty tissue or intestines inside of us going through the hernia

- This can cause pain, discomfort, bulge sensation
- This can cause bowel blockage
- Rarely, it can strangle the intestine leading to life-threatening infection

## Can medicine fix a hernia?

Unfortunately, there is no medicine that allows the body to heal the hole in the fascia Eating protein while avoiding obesity, drugs, smoking and alcohol **are extremely important however.**

## How does surgery fix a hernia?

There are two ways to fix the hernia:

1. Your surgeon will fix the hernia either by an open incision on top of the hernia
2. Your surgeon will use small incisions laparoscopic or robotic to fix the hernia

## Steps of the surgery:

1. First the surgeon will remove whatever fatty tissue or intestine is inside the hernia
2. Then the surgeon will close the hernia
3. This usually involves stitches and a sheet of plastic called “mesh”
  - Mesh is important as it adds strength
  - Since your natural tissue created the hole, adding strength with mesh is vital
4. Mesh in hernias of the umbilical, ventral or inguinal type are SAFE

## After the surgery:

You will have some pain

- Use prescribed pain medication
- Use Ibuprofen 600mg TID around the clock
- Use Tylenol 3g per day maximum around the clock
- Use Heat pad

You must walk as much as possible

Use an abdominal binder to prevent stretching the repair. Take off for shower, sleep

Do not lift > 10 lbs x 2 weeks

You may shower. No submerging under water x 2 weeks

Avoid constipation, coughing, straining

Eat as you please **but do not gain weight or it may come back**