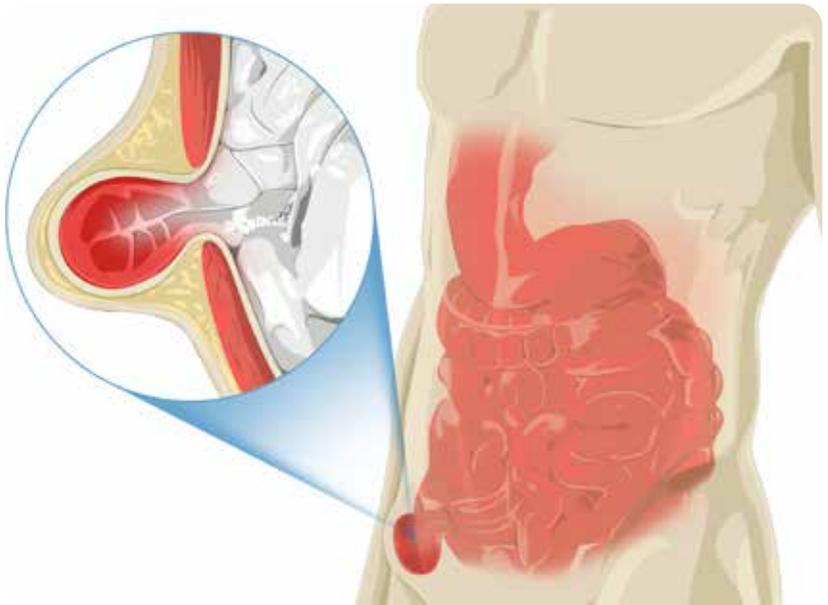


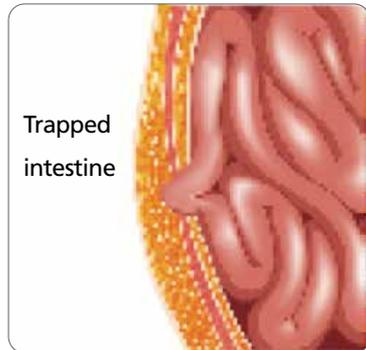
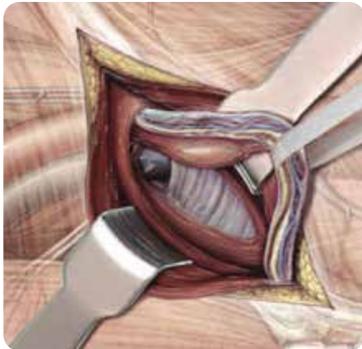
Inguinal Hernia



What is a hernia?

A hernia is a bulge in the abdomen resulting from weakness of the abdominal wall layers. It may contain a loop of intestine or abdominal fat.

The hernia can cause severe pain and other complications that could require an emergency surgery. Both men and women can get a hernia.



How do you know if you have a hernia?

Some of the symptoms include:

- A bulge under the skin (Figure 2).
- Experiencing pain when lifting heavy objects, coughing, straining during urination or bowel movements, or with prolonged standing or sitting.
- Hernias commonly occur in the groin (inguinal or femoral), belly button (umbilical), and at the site of a previous operation (incisional).
- Any continuous or severe discomfort, redness, nausea or vomiting associated with the bulge are signs that the hernia may be entrapped or strangulated.



Figure 2

How is it treated?

The use of Truss (Hernia belt) is rarely prescribed, as it is usually ineffective (Figure 3). Therefore, either open inguinal hernia surgery or laparoscopic (keyhole) surgery is recommended.



Figure 3

Open Inguinal Hernia Surgery

The hernia repair is done from the outside through an 8-10cm incision in the groin (Figure 4a). The surgeon reduces the bulge and repairs the weakened area (defect) using a surgical prosthesis (mesh) (Figure 4b). Suture or synthetic glue may be used to hold the mesh in place. The procedure can be done under local, spinal or general anaesthesia.



Figure 4a



Figure 4b

Laparoscopic Surgery

In laparoscopic hernia repair, a laparoscope (tiny camera) is inserted near the umbilicus (Figure 5a), allowing the surgeon to view the hernia and surrounding tissue on a video screen.

The hernia is reduced inside the abdomen and a synthetic prosthesis (mesh) is used to repair the hernia defect (Figures 5b and 5c). The mesh may be held in place by staples or synthetic glue. This operation is usually performed under general anaesthesia.



Figure 5a



Figure 5b



Figure 5c

Are you suitable for Laparoscopic Hernia Repair?

Your surgeon will determine whether a laparoscopic or open inguinal hernia repair is suitable for you after a thorough examination.

What are the advantages of Laparoscopic Hernia Repair?

Results may vary depending on the type of procedure and each patient's overall condition.

Advantages of this procedure:

- Less post-operative pain
- Shorter hospital stay
- Less post-operative wound infection
- Faster return to normal activity
- Likely better physical appearance due to smaller incisions / scars



What preparation is required?

Depending on your age and medical conditions, pre-operative preparations include:

- Blood tests
- Chest X-rays
- Electrocardiogram (ECG)

You are also advised on the following:

- Shower the night before or morning of the operation.
- Fast for a minimum of 6 hours before the surgery, and continue to take any medications that are permitted by your surgeon or anaesthetist.
- Drugs such as aspirin, blood thinners, anti-inflammatory medications (arthritis medications) and Vitamin E may need to be stopped temporarily for a week, prior to surgery.
- Quit smoking and arrange for any help you may need at home.

What should you expect after your surgery?

- Following the operation, you will be transferred to the recovery room where you will be monitored until you are fully awake.
- Once you are awake and able to pass urine and walk, you will be discharged.
- After discharge, you will be seen in the clinic.
- With any hernia operation, you can expect some soreness mostly during the first week.
- With Laparoscopic Hernia Repair, you will be able to get back to your normal activities within a shorter time.
- Avoid activities that require straining such as weight-lifting for at least the first 4 weeks after surgery.



What complications can occur?

Any operation may be associated with complications including:

- Bleeding and infection
- Slight risk of injury to the urinary bladder, intestines, blood vessels, nerves or the sperm tube going to the testicles
- Difficulty urinating after surgery is not unusual and a temporary tube may be inserted into the urinary bladder
- Possible recurrence of a hernia
- Collection of fluid at the site of the hernia (seroma / hematoma)

When should I seek medical help?

Please call your doctor or surgeon if you develop any of the following symptoms:

- Persistent fever over 38.5 degrees celsius
- Bleeding
- Increasing abdominal pain
- Pain that is not relieved by medications
- Persistent nausea or vomiting
- Inability to urinate
- Chills
- Persistent cough or shortness of breath
- Purulent drainage (pus) from any incision
- Redness surrounding any of your incisions that is worsening or getting bigger
- Inability to eat or drink

Contact us

Should you experience any complications, please visit our **24-HR Urgent Care Centre** or contact our **Main Line** (after office hours).

24-HR Urgent Care Centre

Location : Block 6, Level 1

Operating Hours : 24 hours, 7 days a week

Main Line

Contact Number : +65 6472 2000

General Surgery Clinic (within Clinic K, Healthy Ageing Clinic)

Contact Number : +65 6379 3220

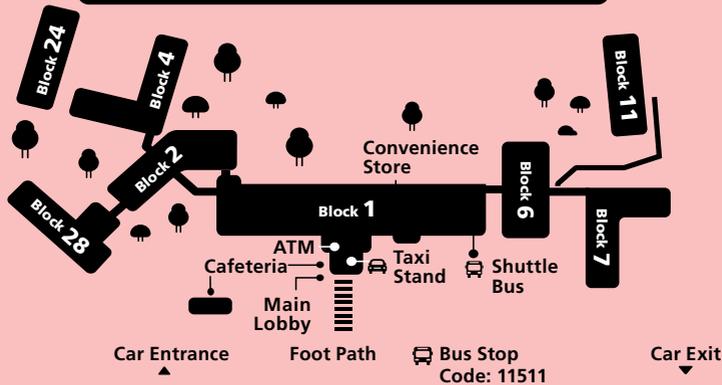
Email : AH_GS_clinic@nuhs.edu.sg

Location : Block 2, Level 1

Operating Hours : Mondays to Fridays,
8.30am to 5.30pm

Closed on weekends and public holidays

How to Get Around Alexandra Hospital



Block 1

Level 1

- Clinic F, Clinical Measurement Centre
- Pharmacy

Level 2

- Clinic J, Integrated Care Clinic
 - Gynaecology Clinic
 - Outpatient Infusion Centre (OPIC)
 - Podiatry
- Clinic K, Healthy Ageing Clinic
 - Dietetics
 - General Surgery Clinic
 - Palliative Clinic
 - Physiotherapy
 - Rehabilitation & Restorative Medicine Clinic
 - Staff Clinic
 - Urology Clinic
 - Vascular Clinic

Level 3

- Ward 7

Block 2

Level 1

- Clinic D, Dental Centre
- Clinic E
 - Anaesthesia Outpatient Consultation Clinic
 - Orthopaedic Centre

Level 3

- Day Surgery Operating Theatre (DSOT)

Block 4

Level 1

- Ambulatory Surgery Centre
- Endoscopy Centre
- Rehabilitation 1

Level 2

- Wards 2 and 3

Level 3

- Wards 4 and 5

Block 6

Level 1

- Diagnostic Imaging 2 (DI 2)
- 24-HR Urgent Care Centre

Level 2

- Diagnostic Imaging 3 (DI 3)
- Major Operating Theatres 1 and 2 (MOT 1 & 2)

Level 3

- Intensive Care Unit 1 (ICU 1)
- Major Operating Theatres 3 and 4 (MOT 3 & 4)

Block 7

Level 1

- Wards 8 and 9

Level 2

- Wards 10 and 11

Level 3

- Wards 12 and 13

Block 11

Level 1

- Rehabilitation 2

Block 28

Level 1

- Care and Counselling
- Clinic A, Ear, Nose and Throat Centre (ENT Centre)

Level 2

- Clinic B, Eye Surgery Centre

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions. Information is accurate at time of printing (December 2020) and subject to revision without prior notice.

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