

# Femoral Hernia Repair

GS03 Lite - Expires end of January 2027



This fact sheet is for general information about this procedure only. It is not intended to be used as medical advice or to replace advice that your relevant healthcare professional would give you. If you have a particular medical problem, please consult a healthcare professional.

© EIDO Systems International Limited. The operation and treatment information in this document is published under license from EIDO Systems International and is protected by copyright laws. Other than for your personal, non-commercial use, you may not copy, print out, download or otherwise reproduce any of the information.

[eidohealthcare.com](http://eidohealthcare.com)



## What is a femoral hernia?

A femoral hernia is a type of hernia, causing a lump and sometimes pain in your groin.

Weak spots can develop in the layer of muscle within the wall of your belly (abdomen), causing the contents of your abdomen to push through. This produces a lump called a hernia.

A femoral hernia causes a lump low down in your groin. It happens at the hole in the wall of your abdomen where the femoral artery and vein pass from your abdomen into your leg.

## What are the benefits?

You should no longer have the hernia. Surgery should prevent the serious complications that a hernia can cause, helping you go back to your normal activities.

## Are there any alternatives?

The hernia will not get better without surgery. You can leave the hernia alone, but this is not usually recommended as it can cause complications.

## What will happen if I decide not to have the procedure or the procedure is delayed?

The hernia can be dangerous because your intestines or other structures within your abdomen can get trapped and have their blood supply cut off.

## What does the procedure involve?

Different kinds of anaesthetic are possible. The procedure usually takes about 45 minutes.

Your surgeon will make a cut either directly over the lump or a little higher up and will remove the 'hernial sac'.

They will narrow the hole (femoral canal) through which the contents of your abdomen passed, using stitches or a synthetic mesh to allow just enough space for the femoral artery and vein. Your surgeon will close your skin.

## How can I prepare myself for the procedure?

If you smoke, stopping now may reduce your risk of developing complications and will improve your long-term health.

Try to maintain a healthy weight. You have a higher risk of developing complications if you are overweight.

Regular exercise should help to prepare you for the procedure, help you recover and improve your long-term health. Do not do exercises that involve heavy lifting or make your hernia painful. Before you start exercising, ask the healthcare team or your GP for advice.

## What complications can happen?

The healthcare team are trained to reduce the risk of complications.

Any risk rates given are taken from studies of people who have had this procedure. Your doctor may be able to tell you if the risk of a complication is higher or lower for you. Some risks are higher if you are older, you are obese, you smoke or you have other health problems. Health problems include diabetes, heart disease or lung disease.

Some complications may be serious and can even cause death.

## General complications of any procedure

- Bleeding during or after the procedure.
- Infection of the surgical site.
- Allergic reaction to the equipment, materials or medication.
- Venous thromboembolism (VTE). This is a blood clot in your leg (deep-vein thrombosis – DVT) or one that has moved to your lung (pulmonary embolus).
- Chest infection. Your risk is lower if you do not smoke or have stopped smoking, and have not had a recent cough or cold.

## Specific complications of this procedure

- Developing a collection of blood (haematoma) or fluid (seroma) under your wound.
- Difficulty passing urine.
- Injury or narrowing of the femoral vein.

- Injury to structures that come from your abdomen and are within the hernia.
- Temporary weakness of your leg.
- Damage to nerves that supply the skin around your groin, leading to a numb patch or continued discomfort.
- The hernia coming back. You may need another procedure to fix it.

## Consequences of this procedure

- Pain.
- Scarring of your skin.

## What happens after the procedure?

You should be able to go home the same day.

Increase how much you walk around over the first few days.

You should be able to return to work and normal activities after 2 weeks to 4 weeks, depending on your recovery and the type of work you do.

Regular exercise should help you to return to normal activities as soon as possible. Before you start exercising, ask the healthcare team or your GP for advice.

Most people make a full recovery and can return to normal activities.

## Summary

A femoral hernia is a common condition caused by a weakness in your abdominal wall, near the femoral canal. If left untreated, a femoral hernia can cause serious complications.

Keep this information document. Use it to help you if you need to talk to the healthcare team.

Some information, such as risk and complication statistics, is taken from global studies and/or databases. Please ask your surgeon or doctor for more information about the risks that are specific to you, and they may be able to tell you about any other suitable treatment options.

This document is intended for information purposes only and should not replace advice that your relevant healthcare team would give you.

## Reviewer

Roger Berry (MBBS, FRACS)

## Illustrator

Medical Illustration Copyright © Medical-Artist.com