

Open Inguinal Hernia Repair (female)

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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.

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What is an inguinal hernia?

Your abdominal cavity contains your intestines and other structures. These are protected by your abdominal wall, which is made up of four layers.

Weak spots can develop in the layer of muscle, resulting in the contents of your abdomen, along with the inner layer, pushing through your abdominal wall. This produces a lump called a hernia.

An inguinal hernia happens at the inguinal canal. This is a narrow passage in which nerves and a ligament pass through your abdominal wall.

What are the benefits of surgery?

You should no longer have the hernia. Surgery should prevent the serious complications that a hernia can cause and allow you to return to normal activities.

Are there any alternatives to an open inguinal hernia repair?

Inguinal hernias can be repaired using keyhole surgery and this may be appropriate for you.

You can sometimes control the hernia with a truss (padded support belt) or simply leave it alone. It will not get better without surgery.

What does the operation involve?

Various anaesthetic techniques are possible.

The operation usually takes about 45 minutes. Your surgeon will make a cut on your groin and remove the 'hernial sac'. They will strengthen the muscle layer with stitches, usually inserting a synthetic mesh to cover the weak spot, and close your skin.

What complications can happen?

Some complications can be serious and can even cause death.

General complications of any operation

- Bleeding
- Allergic reaction to the equipment, materials or medication
- Blood clot in your leg
- Blood clot in your lung

- Infection of the surgical site (wound)
- Chest infection

Specific complications of this operation

- Developing a collection of blood (haematoma) or fluid (seroma) under your wound
- Injury to structures that come from your abdomen and are within the hernia
- Temporary weakness of your leg
- Continued discomfort or pain in your groin

Consequences of this procedure

- Pain
- Unsightly scarring of your skin

How soon will I recover?

You should be able to go home the same day.

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

Your surgeon will talk to you about your level of activity and return to work. This will depend on how much surgery you need and your type of work.

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 women make a full recovery and can return to normal activities.

The hernia can come back many years later and you may need another operation.

Summary

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



An inguinal hernia

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.

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

Acknowledgements

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