

ADULT UMBILICAL HERNIA REPAIR

- An umbilical hernia happens when there is a tissue bulging out through an opening in the abdominal wall muscles near the umbilicus.
- Increased Pressure results in the umbilical hernia to bulge out.
- When the intestine is trapped in the hernia pouch and its blood supply is cut off, it is a surgical emergency and immediate treatment is needed.

Options

- **Open hernia repair:** An incision is made near the site. Repair of the hernia is with mesh or by suturing (sewing) the muscle layer closed.
- **Laparoscopic hernia repair:** the hernia gets repaired with mesh or sutures inserted through instruments placed into some small incisions in the abdomen.
- **Nonsurgical option:** Watchful waiting of umbilical hernia is generally not recommended for adults. You may be able to wait to repair those that are very small, reducible (can be pushed back in) and not uncomfortable. Abdominal muscles get weak with age, the hernia can increase in size and risks that the intestines being squeezed in the hernia pouch and its blood supply being cut off (strangulation). If this happens, an immediate operation is needed.

Benefits of the operation

An operation is the only way to repair an umbilical hernia. Return to normal activities can be achieved in most cases with no further discomfort.

Risks of not having an operation

The hernia may cause pain and increase in size. If the intestine becomes squeezed in the hernia pouch, there will be a sudden pain, vomiting, which require an immediate operation.

Possible risks of the operation

Return of the hernia, fluid and blood collection, infection, injury to the bladder, blood vessels, intestines, or nerves, and continued pain at the hernia site.

Expectations of the operation

For simple repair, going home is in the same day. Staying longer may be needed for complex repairs.

Call the Surgeon

If there is severe pain, stomach cramping, chills or a high fever, odor or increased drainage from the incision, or no bowel movements for 3 days.



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