



Groin Hernia Repair

This leaflet covers information after inguinal hernia and femoral hernia repairs.

After-care:

- You can remove your dressing after 48 hours, unless told otherwise.
- Try to keep the area clean and dry over the next week whilst the wound heals.
- After 48 hours you can shower, but don't leave a wet dressing on the wound.
- You should change your dressing if it is soaked through with blood.
- You are allowed to drive 48 hours after your anaesthetic – however post operatively you will need to be able to perform an emergency stop without pain from your hernia repair.
 - For most patients this will be after 1-2 weeks.
- You should be able to return to work after 2-4 weeks, depending on your job.

Wound closure:

- **Dissolvable stitches:** these will dissolve over the coming weeks to months.
- **Non-dissolvable stitches:** these require removal at your GP practice in 7-10 days (unless otherwise stated).
- **Glue:** This typically comes away in 5-10 days – it may flake, this is normal.

Things to avoid:

- Heavy lifting or strenuous activity for 6-8 weeks.
- Removing the dressing in the first 48 hours.
- Having a bath/swimming/immersing in water for 2 weeks whilst the wound heals
- Using perfumed toiletries/talcum powder/bubble bath/creams/gels/lotions on the wound for 2 weeks – pat rather than rub the area clean with plain water.
- Excessive alcohol consumption for at least 2 weeks.

Contact the Surgical Hub, your GP or 111 if:

- Difficulties passing urine or opening your bowels.
- Fevers/chills
- Bleeding, swelling, redness or discharge from your wounds.
- For male patients: some bruising in the scrotum is normal, but if you experience pain call your GP.

Contact 111 or attend A&E if:

- You have a large amount of bleeding from the area.

Exercises:

Increase your movements over the first few days and do regular deep breathing with coughing whilst supporting your wound with a pillow.

Additional information:

<https://www.nhs.uk/tests-and-treatments/femoral-hernia-repair/recovery/>

<https://www.nhs.uk/tests-and-treatments/inguinal-hernia-repair/>

Key Contact numbers

If you have any concerns, you can contact:

Surgical Hub (First Floor, 7am-7pm Monday-Friday) – **02921 826510**

Surgical Hub (Ground Floor, 7am-7pm Monday-Friday) – **02921 826348**

Surgical Same Day Emergency Care (sSDEC) at UHW: via switchboard –
02920 747747

Your GP

111 for out of hours GP services or A&E

