

Laparoscopic Inguinal Hernia Repair, Adult

Laparoscopic inguinal hernia repair is a surgical procedure to repair a small, weak spot in the groin muscles that allows fat or intestines from inside the abdomen to bulge out (*inguinal hernia*). This procedure may be planned, or it may be an emergency procedure.

During the procedure, tissue that has bulged out is moved back into place, and the opening in the groin muscles is repaired. This is done through three small incisions in the abdomen. A thin tube with a light and camera on the end (*laparoscope*) is used to help perform the procedure.

Tell a health care provider about:

- Any allergies you have.
- All medicines you are taking, including vitamins, herbs, eye drops, creams, and over-the-counter medicines.
- Any problems you or family members have had with anesthetic medicines.
- Any blood disorders you have.
- Any surgeries you have had.
- Any medical conditions you have.
- Whether you are pregnant or may be pregnant.

What are the risks?

Generally, this is a safe procedure. However, problems may occur, including:

- Infection.
- Bleeding.
- Allergic reactions to medicines.
- Damage to nearby structures or organs.
- Testicle damage or long-term pain and swelling of the scrotum, in males.
- Inability to completely empty the bladder (*urinary retention*).
- Blood clots.
- A collection of fluid that builds up under the skin (*seroma*).
- The hernia coming back (*recurrence*).

What happens before the procedure?

Staying hydrated



Follow instructions from your health care provider about hydration, which may include:

- Up to 2 hours before the procedure – you may continue to drink clear liquids, such as water, clear fruit juice, black coffee, and plain tea.

Eating and drinking restrictions

Follow instructions from your health care provider about eating and drinking, which may include:

- 8 hours before the procedure – stop eating heavy meals or foods, such as meat, fried foods, or fatty foods.
- 6 hours before the procedure – stop eating light meals or foods, such as toast or cereal.
- 6 hours before the procedure – stop drinking milk or drinks that contain milk.
- 2 hours before the procedure – stop drinking clear liquids.

Medicines

Ask your health care provider about:

- Changing or stopping your regular medicines. This is especially important if you are taking diabetes medicines or blood thinners.
- Taking medicines such as aspirin and ibuprofen. These medicines can thin your blood. **Do not** take these medicines unless your health care provider tells you to take them.
- Taking over-the-counter medicines, vitamins, herbs, and supplements.

General instructions

- **Do not** use any products that contain nicotine or tobacco for at least 4 weeks before the procedure, if possible. These products include cigarettes, chewing tobacco, and vaping devices, such as e-cigarettes. If you need help quitting, ask your health care provider.
- Ask your health care provider:
 - How your surgery site will be marked.
 - What steps will be taken to help prevent infection. These steps may include:
 - Removing hair at the surgery site.
 - Washing skin with a germ-killing soap.
 - Taking antibiotic medicine.
- Plan to have a responsible adult take you home from the hospital or clinic.
- Plan to have a responsible adult care for you for the time you are told after you leave the hospital or clinic. This is important.

What happens during the procedure?

- An IV will be inserted into one of your veins.
- You will be given one or more of the following:
 - A medicine to help you relax (*sedative*).
 - A medicine to make you fall asleep (*general anesthetic*).
- Three small incisions will be made in your abdomen.
- Your abdomen will be inflated with carbon dioxide gas to make the surgical area easier to see.
- A laparoscope and surgical instruments will be inserted through the incisions. The laparoscope will send images of the inside of your abdomen to a monitor in the room.
- Tissue that is bulging through the hernia may be removed or moved back into place.
- The hernia opening will be closed with a sheet of surgical mesh.
- The surgical instruments and laparoscope will be removed.
- Your incisions will be closed with stitches (*sutures*) and adhesive strips.
- A bandage (*dressing*) will be placed over your incisions.

The procedure may vary among health care providers and hospitals.

What happens after the procedure?

- Your blood pressure, heart rate, breathing rate, and blood oxygen level will be monitored until you leave the hospital or clinic.
- You will be given pain medicine as needed.
- You may continue to receive medicines and fluids through an IV. The IV will be removed after you can drink fluids.
- You will be encouraged to get up and move around and to take deep breaths frequently.
- If you were given a sedative during the procedure, it can affect you for several hours. **Do not** drive or operate machinery until your health care provider says that it is safe.

Summary

- Laparoscopic inguinal hernia repair is a surgical procedure to repair a small, weak spot in the groin muscles that allows fat or intestines from inside the abdomen to bulge out (*inguinal hernia*).
- This procedure is done through three small incisions in the abdomen. A thin tube with a light and camera on the end (*laparoscope*) is used to help perform the procedure.
- After the procedure, you will be encouraged to get up and move around and to take deep breaths frequently.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your healthcare provider.