

Umbilical Hernia

Description

Umbilical hernia is a common issue in the community and often ignored. Some communities have a genetic predisposition to it and is called congenital hernia. Umbilical hernia can bulge and can include fat and intestines in their bulged contents. If they go freely inside on pressure/pushing, then they are called reducible hernia. Occasionally they get stuck and does not go in and also cause pain which is called incarcerated hernias. The worst scenario is when the inlet passage is narrowed due to bulky contents or swelling causing strangulation of the fat or bowel called strangulated hernia. This is an emergency and requires very urgent operation. Some of these progression occurs due to ignoring when the hernia is small, deposition of body fat and also lifting heavy weights as a profession (such as bodybuilders, and construction workers).

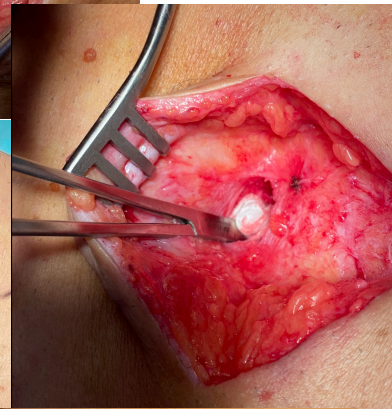
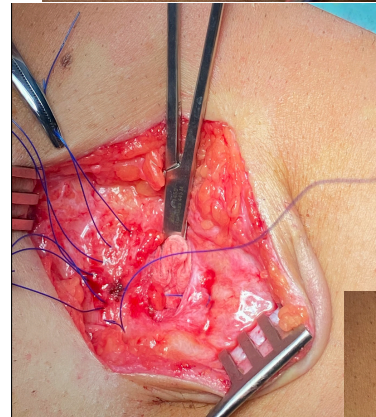
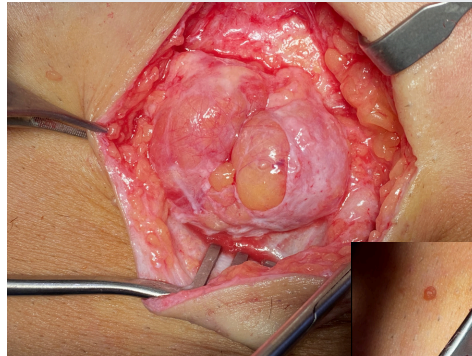
Preparation

The procedure would be done under local anaesthetic and you should be prepared for minor pain while injecting. You will sometimes feel the pulling of the tissues. Some patients would like to have minimal feeling/anxiety during the procedure in which case you would be given some mild sedation.

Things to do:

Make sure you eat before coming in for the procedure.

It is advised not to do any vigorous activities for a day, however, if you have a desk job, you can go back to work the same day. You would be given paracetamol, 3 days course of antibiotics, and tramadol if it is required. Strictly no lifting (more than 10 kilos) for 3 months.



Procedure

The operation would take about 45-120 minutes depending on the complexity and the type of repair required.

As a consensus, any umbilical hernial defect more than 2cm will be repaired using a plastic mesh prosthesis. Smaller defects are repaired by a technique called Mayo's repair (Shown in the picture below). The umbilical region will be shaved, the hernia marked and local anaesthetic given using long needle to reach the depths of the region having hernia. Usually hernia is embedded in a sac which is identified. The neck of the sac is then dissected and identified. This would show the extent of the abdominal wall defect which guides us in deciding whether a mesh is required or not. The sac is identified for any bowel contents and if easy to push down the defective hole then pushed in gently (In picture).

The smaller defects are stitched using double pleats with a high strength nylon stitches. Very rarely a drain insertion may be required.

Complications

Some of the complications that you must be aware of are infection, bleeding, hematoma, bruise and swelling around the belly button. Damage to bowels. Very rarely chronic pain and recurrence of the hernia.

Pricing

The price of umbilical hernia repair is as given on our website: wamsc.co.nz
Please contact reception or schedule an appointment with either Dr Satya or Nurse for further information.

Who We Are & What We Do

Background

West Auckland Medical and Surgical Centre is a well-equipped surgical centre, offering world-class surgical options for skin cancer, circumcision, vasectomy, haemorrhoid issues, lumps, bumps and also hernia and varicose vein care..

The centre is streamlined into a surgical centre of excellence and mostly serves the West Auckland community.

The Surgical lead is Dr Satya Shanbhag along with his team of specialist nurses (Edlyn & Elina).

Values & Goals

It is our desire to exceed our core values and provide world class service and outcomes for all of our patients. Our values drive the desire to achieve our objective of delivering and demonstrating exceptional service and quality surgical care to our patients. We are dedicated to ensuring the patient along with their family or support person are provided with the necessary knowledge and information on their procedure. This brochure is a step in that direction.

Our goal is to develop and mature into a well-recognised surgical centre with a highly regarded reputation for delivering exceptional service and surgeries to our patients at affordable prices.

The motto of our service is "Do Good, Be Good and Great will be the Outcome"

Visit us

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Henderson, Auckland

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Email: reception@wamsc.co.nz,

or nurse @wamsc.co.nz

www.wamsc.co.nz



Our clinic is wheelchair accessible.
Mobility parking is available.

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WE CARE ABOUT YOU