



Hernia 疝氣(英文)

What is the hernia?

Any organ within our body cavity protrudes abnormally outward belly wall is deemed hernia; and those organs include small intestine, large intestine, ureter, bladder, ovary, appendix, omentum, testis, and alike.

What are the causes of hernia?

There are congenital and external factors:

- congenital
 1. Gender: male to female ratio is 9 : 1
 2. testicle dropping down to scrotum because of unclosed membrane
 3. Defects with belly wall development.
 4. Different abdominal wall development: females have less inguinal hernia because of different abdominal wall development.
- external
 1. Aging: weakened intensity and strength of the belly wall.
 2. caused by long-term abdominal pressure or sudden increase of heavy lifting, long-term coughing, constipation, ascites, urinating difficulty, pregnancy, and fatness.

What are the symptoms of hernia?

- Clinical signs vary with individual and age. With neonate and child, their crying and screaming often draw parents' or doctors' attention to their groin bulge lump. As to adults, they could suffer from abdominal pain or feel the lump of the groin

repeatedly. Others are found to have obvious intestine blocking symptoms.

- Patients with incarcerated hernia will suffer from abdominal pain, hernia area pain, loss of appetite, abdominal distension, intestine blocking or strangulating pain; when any of the aforementioned symptoms occurs, they should check in to the hospital for an urgent operation.

Things to be proceeded to before the operation?

Our medical staff will ask patients to fill out a consent form for the operation and anaesthetization; before the operation, there will be blood drawing, electro-cardiogram and X-rays examinations. Remove all metal objects like jewelry, necklace, ring, or things like nail polish as well.

It takes about an hour and a half for the operation with anaesthetization included, and it could vary according to individual conditions. You may have your relatives wait outside the operation room; you will be sent back to recovery room for observation and then back to the ward for rest.

Things to attend to after the operation?

1. After the operation, try to urinate on your own in case there is bloated bladder and urine retention; notify our medical staff if you are unable to void four to six hours after the operation.
2. If you are spinal anesthetized, not raising your head for 6 to 8 hours is highly recommended to prevent dizziness.
3. You may intake some food approximately 4 to 6 hours after the operation. Taking fiber rich food and drink a lot of water to prevent constipation; moreover, avoid exerting defecation to prevent rising abdominal pressure.
4. Use your hands, or a tunic belt if necessary, to support and stabilize your wound when coughing or sneezing. For one it reduces painfulness and for two it protects your wound.
5. One week after the operation, you should be able to work on easy and simple tasks; do remember to prevent abdominal pressure from increasing before your wound heals. Proceeding to violent sports like running or cycling 6 weeks after the operation would be all right; avoid lifting heavy objects like flowerpots and holding a child.
6. Maintain cleanness and dryness of the wound; take medicine timely; return to the clinic for follow-up checks regularly; and return to the hospital to have stitches removed a week after the operation.

