

Find out more about Femoral Hernia Surgery

If you are considering Femoral Hernia Surgery we would like you to be as well informed as possible.

What causes a femoral hernia?

Just like inguinal hernia, there is no exact cause for femoral hernia. However, childbirth, chronic constipation, straining on urination, chronic cough, over weight and lifting heavy weight could predispose one to develop a femoral hernia.

What are the expected symptoms?

Often it is noticed as a lump below the groin crease. In some cases it can cause pain on straining. Severe pain usually indicates bowel or fat being stuck in the hernia leading to obstruction or strangulation therefore you need to get an urgent consultation with your doctor or surgeon.

What is a strangulated hernia?

Strangulated hernia is a surgical emergency, if neglected can lead to very serious complications. Strangulation occurs when blood supply to hernia contents, usually bowel, is impaired leading to ischemia (death of the bowel) or gangrene of the bowel.

What is the treatment?

Non-surgical approach can be tried in asymptomatic patients but generally femoral hernias are repaired surgically.

When is the surgery required?

When hernia becomes painful, increase in size or causes any other symptoms.

What are the different types of surgery available?

Hernia can be repaired by open or by key-hole (laparoscopic) approach. Both the approaches have advantages and disadvantages. You will be able to discuss with your surgeon at the time of consultation.

What happens during surgery?

Femoral hernia repair is usually carried out under general anaesthesia. Incisions made will vary according to the type of surgery. Aim of the operation will be to identify the hernia defect and push it back in to the abdomen then a mesh repair will be carried out to reinforce the abdominal wall. The wound is usually closed with absorbable sutures.

What is the after care?

You will be encouraged to be mobile as much as possible. We advise our patients to refrain from lifting heavy weights for four weeks and avoid driving till they are able to put an emergency stop. Our patients will be able to go home on the same day depending on the timing of the surgery.

Do I need to take time off from work following surgery?

It depends on the type of work involved, however generally you will need two weeks off from work.

What are the risks from surgery?

Most common complications are simple and serious side effects are very rare. There are risks of wound infection, bruising, bleeding from the wound and recurrence of hernia (2%)

We're here to help with any questions you have about any of the procedures we offer.

To find out more about Nu-life Surgery please either:

- Call us on 01483 724833
- Send an email to enquiries.nulifesurgery@gmail.com
- Fill out our general enquiry form
- Make a consultation enquiry