

Information for patients who have decided to delay hernia repair

Taking into account the information we have given you, and your own feelings about the matter, you have decided not to have your hernia repaired at this time. This information is provided to allow you to do this as safely as possible.

How do hernias change with time?

Although you have few symptoms now, hernias do increase in size with time and can cause further symptoms in the future. The speed the hernia changes varies from person to person.

Should I cut down on my activities so that the hernia does not become bigger?

No. You should continue your normal activities. If this means that your hernia gets bigger faster, it just means that you will have to have an operation sooner rather than later.

What should I do if my hernia suddenly becomes more painful?

This may mean that your hernia has strangulated (the blood supply to the tissues in the hernia has been cut off). You should take a simple painkiller, such as paracetamol, lie down and gently try to push the hernia back. If this is successful within 30 minutes, simply contact us at your earliest convenience and we will organise an early operation.

If the hernia remains painful, you should immediately contact your doctor or telephone for an ambulance so that you can receive rapid assessment by a doctor.

What if I start to get more symptoms from my hernia?

If your hernia is gradually becoming larger, causing more discomfort or is causing you more concern, then contact the department on 01722 336262 ext 4989.

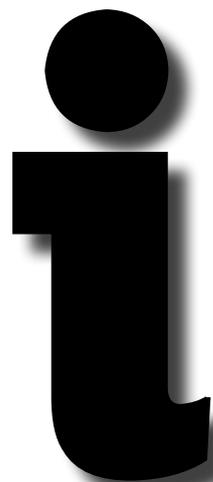
We will either arrange surgery with you, or if you prefer, see you again in outpatient clinic to discuss further treatment.

To contact the hernia service:

telephone: 01722 336262 ext 4989

email: single.stop@nhs.net

General Surgery Department
01722 336262 ext. 4989



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customercare@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.