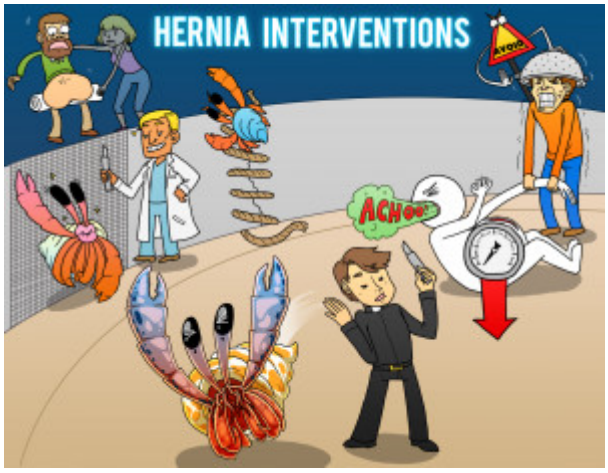
Hernia Interventions

A hernia occurs when contents of the abdomen, usually a portion of the intestine, protrudes through an area of weakened muscle or tissue. Surgery can be performed to repair the hernia. Patients should be instructed to avoid activities, such as heavy lifting and sneezing after surgery, as these can increase intra-abdominal pressure.



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Reduce Intra Abdominal Pressure
Down-arrow Abdominal Pressure-gauge
Reducing intra-abdominal pressure in patients with existing or recently treated hernias helps prevent complications. Increased abdominal pressure may complicate or exacerbate hernias, so patients are encouraged to use open-mouth sneezing techniques and avoid lifting or straining.

Avoid Straining and Lifting
Avoid-sign at Strainer-guy Lifting
Patients should avoid heavy lifting and straining for 6-8 weeks following a hernia repair. Excessive strain or heavy lifting can increase the patient's risk of developing another hernia.

Open Mouth Sneezing
Open Mouth while Sneezing
If sneezing is unavoidable, instruct patients to sneeze with their mouths open to reduce intra-abdominal pressure. Additionally, patients recovering from a hernia repair should not participate in postoperative coughing. Instead, patients should be encouraged to deep breathe to prevent postoperative complications such as pneumonia.

Excision
Exorcist
Excision of a hernia, or herniotomy, involves surgical removal of the hernia sac. This procedure is common with hiatal hernias.

Herniorrhaphy
Hermit-crab-roping
A herniorrhaphy is a surgical procedure to correct a hernia. Typically, it is done as an outpatient procedure. Be sure the patient has voided prior to discharge, as difficulty voiding following the procedure is common due to edema in the perineal area.

Hernioplasty
Hermit-crab-plastic-surgeon
Another option for patients undergoing hernia repair is a hernioplasty. This procedure involves reinforcing the area of weakness with wire, fascia, or mesh.

Consideration

Scrotal Support
Scrotum Supported by towel
Scrotal swelling and edema may develop after the repair of an inguinal hernia. To reduce discomfort, patients may use a scrotal support in addition to the intermittent application of an ice pack and other pain-relieving measures.

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