



The Surgical Institute
at True North

CHE MILLER MD | KAYLA WATKINS-JONES MD
BRETT LOCKE APRN

What is a Laparoscopic Incisional/ Umbilical Hernia Repair?

How will the day go for me?

Date of procedure:

Arrival Time: The hospital staff will contact you the day before your procedure and give you an exact time of arrival. If you have not been contacted by 4:00 PM please call the hospital at (580) 251-8449 or our office at (580) 255-9797.

Expected length of procedure: There will be 30 minutes of prep time. The surgery will take approximately 45 minutes and you will be in recovery for 30 additional minutes.

What happens after I arrive?

- You will check in at Admissions and Outpatient Services (see map included in packet).
- Pre-op laboratories/imaging will be completed if not previously performed.
- A nurse will confirm your history, start your IV and fluids will be given.
- The surgeon will visit with you prior to your procedure and answer any questions you might have.
- Anesthesia will arrive to review your history and take you to the operating room.
- Anesthesia will be administered and the surgery will begin.

Laparoscopic Incisional/Umbilical Hernia Repair

How will my hernia be repaired?

Laparoscopic surgery

- The surgeon will make several small incisions in the abdomen. Ports (hollow tubes) are inserted into the openings. Surgical tools and a lighted camera are placed into the ports.
- The abdomen is inflated with the carbon dioxide gas to make it easier to identify the hernia defect. The hernia is repaired from behind the abdominal wall. A small piece of mesh is placed over the hernia defect and secured in place with tacks. The surgical tools are removed from the abdomen and the abdomen is deflated. The incisions are closed with sutures and glue.
- Your surgeon may start with a laparoscopic technique and need to change (convert) to an open laparotomy technique. This would require admission to the hospital and a longer recovery.

