



The Surgical Institute  
at True North

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# What is an Open Incisional/ Umbilical Hernia Repair?

## How will the day go for me?

### Date of procedure:

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**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.

## Open Incisional/Umbilical Hernia Repair

How will my hernia be repaired?

### Open surgery

- The surgeon makes an incision near the hernia site, and the bulging tissue is gently pushed back into the abdomen. Sutures or mesh are used to close the muscle.
- For a suture-only repair: The hernia sac is removed. Then the tissue along the muscle edge is sewn together. The umbilicus is then fixed back to the muscle. The procedure is often used for small defects.
- For an open repair with mesh: The hernia sac is removed. Mesh is placed beneath the hernia site. The mesh is attached using surgical tacks. The mesh extends 3 to 4 cm beyond the edges of the hernia. The umbilicus is fixed back to the muscle.
- For all repairs, the skin is closed with sutures and surgical glue, in most cases hospital admission would be required

