

Find out more about Spigelian Hernia Surgery

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

What causes a spigelian hernia?

It is difficult to ascertain the exact cause of these hernia, however it becomes noticeable on straining, sports and exercise.

What are the expected symptoms?

In majority, spigelian hernia presents as a lump protruding through just at the level and few centimetres away from the umbilicus. It may be associated with bowel disturbance or pain mainly on standing or any activity increases intra-abdominal pressure. It might be hard to find on clinical examination. Often a CT scan may be required to diagnose spigelian hernia.

What are the alarming symptoms?

- Increasing in size
- Worsening pain
- If the hernia turns hard and associated with nausea or vomiting, could indicate obstructed hernia

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 of Spigelian hernia?

Spigelian hernia is better repaired by surgery.

What are the different types of surgery available?

At nu-life surgery, we prefer to repair this hernia with a laparoscopic approach. This approach allows the surgeon to evaluate the hernia from inside the abdominal cavity helping in carrying out a sound repair. Hernia can be repaired by open approach in patients who are suitable for laparoscopic method. 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?

Spigelian 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-six 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?

Minor side effects and complications common but serious side effects are very rare. There are risks of wound infection, bruising, bleeding from the wound rarely chronic pain 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