

William J. Plaus, M.D., F.A.C.S.  
Robert M. Macdonald, M.D., F.A.C.S.  
Michael T. Napierkowski, M.D., F.A.C.S.  
Lisa S. Schatz, M.D., F.A.C.S.

General, Thoracic  
Vascular, Cancer  
Advanced Laparoscopic

## **Rocky Mountain Surgical Associates, P.C.**

4545 East Ninth Avenue  
Suite 460  
DENVER, COLORADO 80220  
Phone: (303) 388-2922  
FAX: (303) 388-2962

1606 Prairie Center Parkway  
Suite 200  
BRIGHTON, COLORADO 80601  
Phone: (303) 659-5165  
FAX: (303) 659-5527

### **Open Groin Hernia Surgery**

When there is a weakness in the internal ring, a hernia may develop. Sometimes it may enlarge and fill with intestine or part of the omentum (a "Rice Krispies" like layer inside the abdomen). For men, the hernia sac can extend into the scrotum and into the labia for women.

The surgery takes about one to two hours and most people go home the same day. You will receive a local anesthetic at the site of surgery, which will keep you free from pain. You will also be given a light sedative through an IV to make you relax and sleepy.

During hernia surgery, an incision is made above the area where the abdomen meets the thigh. The surgeon will locate the hernia sac and place the intestine or other tissue back into the abdominal cavity. The surgeon will then use a piece of mesh to reinforce the weakened area of the abdominal wall. The mesh acts like a patch would on a tire. This mesh is held in place by clips. Neither the mesh nor the clips are harmful to the body, and will not dissolve. The skin incision is sutured and a bandage is placed over the area. This bandage is to remain on for 24 hours following surgery, at which time it may be removed and you may shower. Make sure the incision is clean and dry. You may place a Band-Aid or bandage over the top to protect the wound.

You will be given pain medication before you leave the hospital. Follow the directions given to you by your doctor. Be aware that pain medication may make you constipated, so it is important to drink plenty of fluids. Unlike other prescriptions, pain medication does not need to be finished. You may find Tylenol or Motrin is enough.

About 10 to 14 days after surgery, you will need to return to the surgeon's office for suture removal. This is quick and painless. Please call a day or so after surgery to schedule this appointment.

Please call our office at anytime, should you have any concerns.