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INGUINAL HERNIA - FEMALES

Female inguinal hernias

- The inguinal canal is a natural weak area where the round ligament of the uterus passes and attaches to the pubic bone.
- If the muscles around the canal stretch too much or tear then the contents of the abdomen (fat or bowel) may protrude through the canal creating an abnormal swelling.
- Females can also have **femoral hernias** which is a space where the blood vessels go under the groin into the leg.

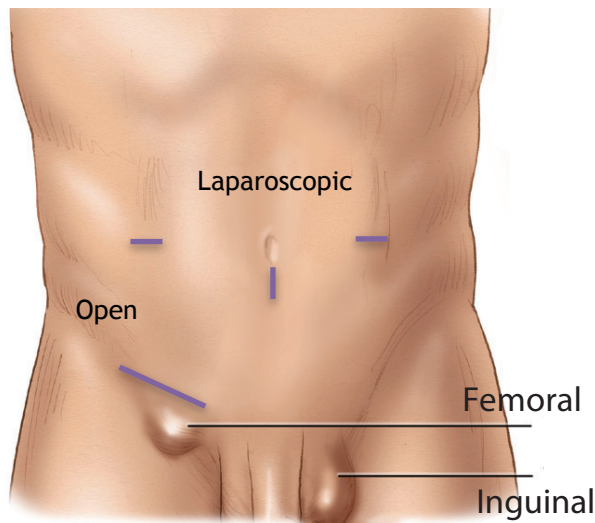
Treatment Options

- Watchful waiting
- Surgery
 - Open
 - Laparoscopic



Benefits of Surgery:

- An operation is the only way to repair a hernia. You can return to normal activities and in most cases will not have further discomfort.
- There is an option to just watch but there is a risk of progression of symptoms and strangulation of bowel. There is some evidence that this is higher in females vs males.



Risks:

Non-operative:

- The risk of not operating is increasing size of the hernia, increased discomfort, and strangulation requiring emergency surgery (higher in females).

Operative:

- Anesthesia - heart, lungs
- Infection <1%
- Bleeding/Hematoma
- Injury to other structures (bowel, bladder, blood vessels)
- Voiding postoperatively (trouble peeing)
- Postoperative pain
 - Acute
 - Chronic <1%
- Neuralgia (numbness)
- Recurrence <3%

LEARN MORE about preparing yourself for your surgery:

There are important steps you can take right now that will help to ensure the best possible result from your surgery.

Focus on things you can do to be as strong & healthy as possible.

- Healthy diet
- Activity and exercise
- If you smoke or use nicotine products, stop
- If you have diabetes make sure your A1C is under good control
- Limit alcohol
- If you snore loudly, read more about possible sleep apnea
- Care for your mental wellbeing
- You may need help for a few days or weeks. Make support plans.

Find out more information...

By going to the
Surgery Preparation
section of Pathways at
Vancouver.pathwaysbc.ca

OR

Scan the QR code.

