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Guide on how to prepare for your hernia repair

If you have recently discovered that you need to have hernia surgery, it is time to learn about how to prepare for the upcoming procedure. Before the day of surgery, your surgeon will perform a comprehensive medical exam to evaluate your health and review your medical history. In some situations, patients are required to undergo additional testing and x-rays depending on the severity of the hernia. After all of the testing is complete, your doctor will sit with you and explain the different risks and benefits that are associated with the procedure based on your exam. Make sure that you are armed with questions for your doctor and do not be hesitate to ask questions if you do not understand. Understanding the procedure you're about to undergo is important so that you can relax your body as much as possible.

Make sure that you explain to your doctor fully about all of the prescription and over the counter medications you take, as well as the daily supplements you take if any. This is crucial because some medications will interfere with the way the blood clots. Your surgeon will give you a list of specific instructions to help you prepare for

hernia repair

. This list will include guidelines about your diet and lifestyle. Following all of your doctors' instructions is extremely important to ensure a smooth surgery and recovery. In most cases, the following guidelines are given to patients before they undergo

hernia surgery

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Refrain from eating or drinking anything after midnight on the night before the surgery. The only thing that can be ingested is any medications with a small sip of water that is permitted by the doctor.

The colon and intestines should be completely emptied and cleansed. In some cases, patients are required to only drink clear liquids for the days prior to surgery.

If you are a smoker, it is important that you stop smoking at least 6-8 weeks before surgery. People that smoke are shown to have a higher likelihood of breathing problems during surgery and have a delay in wound healing.

Patients must also plan for their aftercare and recovery. You will be unable to drive home yourself after surgery, so you should arrange to have someone to pick you up. You will also need time to rest and should see if a family member or friend can stay with you to help with daily activities.

Although this is a short guide on how to prepare for your hernia repair surgery, it does not substitute the expertise of a doctor. If you are showing symptoms of a hernia, get the advice of a doctor. Not all types of hernias need to be surgically repaired. If you catch it early enough, there may be other less invasive options to healing your hernia.

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Wed, 30 May 2012

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What to Expect after Hernia Surgery

When patients have to undergo hernia surgery, in most cases they can go home just a few hours after surgery, or first thing in the morning. However, if it is the case that the hernia operated on was a more complex case, staying in the hospital for a few days after may be required. A few days after

hernia surgery

, patients are feeling back to their normal selves and can return to their regular eating habits and activities. Be cautious

though because even though you are allowed to engage in light activities, strenuous activities or exercises should be avoided for at least 4 to 6 weeks. Everybody is different and it is important that you follow the guidance of your surgeon.

While patients are recovering from hernia surgery, there are different things that can be done to make your healing from

hernia repair as easy and comfortable as possible. Some of the activities that can be engaged in are:

Taking walks to stimulate blood flow through the body and avoid stiffness in the legs and back.

Keep the body hydrated by drinking a lot of water and other fluids.

Make sure to eat meals that fit a healthy diet full of vegetables and fiber,

Engage in light stretching exercises to avoid soreness in the muscles.

Many patients have reported that they see their surgical wounds begin to heal in about one to two weeks depending on the technique of surgery used on the hernia. Even though there is a quick response healing seen on the outside, the tissues that were repaired on the insides can take up to six months to completely heal. Although there is a heightened risk of a reoccurring hernia because the tissue is already weak, there are some measures that can be taken during the healing process to avoid high risk of that.

Some of the measures that should be taken are:

Do not strain the body with heavy exercise or heavy weight lifting until you have been given the clear by your doctor.

Quit smoking if you are a smoker. Non-smokers have shown to have a healthier healing process after surgery.

When passing bowel movements, avoid straining at all costs.

This could be why the hernia happened to begin with

Most importantly, during your hernia

surgery recovery you should follow all of the instructions of your doctor. All of these things have been shown to help patients in particular cases, but everybody is different. Your doctor will give you a specialized recovery plan and will monitor your recovery with checkups until you are completely healed.

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Epigastric Hernia Surgery Advise

When a particular epigastric hernia comes about, it is normally basically because associated a tiredness in the stomach muscular tissue. This tired spot will allow for the skin of the abdomen to allow them to deal itself signifies the type of muscle mass. A number of often situations an epigastric hernia is always recent at inception and hernia repair surgery is considered in many cases asked for at a later time. In some instances, the hernia could very well cure of the stomach muscles begin to advance put together and strengthen. Like most the umbilical hernia, epigastric hernias are placed around the chest and middle button.

Many often particular times, epigastric hernias are small and can only be come across when the lining of the abdomen pushes its way through that abdominal wall. In more terrible cases this is often not always the case. Sometimes, sections of an valuable body part will most likely even slip through the weak spot in the the wall creating a far more powerful problem for the affected person.

When epigastric hernias are present in newborns it is likely to be almost impossible to actually consider that they have one. A powerful epigastric hernia will be able to not try to be really exposed unless the child is often stressing for their stool or howling. The hernia is likely to show also if the child is almost certainly involving in a kind of activity that really needs abdominal trigger. Clearly able to allow them to visibly spot the hernia keeps simple to use for doctors to diagnosis the hernia & most times to not need to order follow up medical tests.

Yet, an epigastric hernia rarely adjust itself and after that takes hernia surgery for the actual full recovery. Unless the hernia is really extreme, such as the case <http://socalhernia.com> if a important and vital organ would have slipped through the stubborn abdominal muscle tissue, operation is always usually arranged off on up until the child is of a mature age. Typically, young babies usually tend not to do just fine in surgical treatment and that is why it is precious to hold on. Once the patient reaches an older age and is ready to undergo epigastric hernia surgery, it is crucial that doctors and parents make them feel as comfortable and worry free as possible.

General anesthesia is usually used on patients undergoing epigastric hernia repair and can be executed on an outpatient basis based upon on how major the hernia is. Most of the time the laparoscopic means is used for this type of hernia. A small camera is injected into an incision that is made near the hernia and an additional incision is made for the insertion of medical instruments. The herniated tissue is then isolated for the doctor to work with and change into its original location. Small hernias will usually stay in their repositioned location, but for heavier hernias a piece of hernia mesh will be placed over the rebuild to protected the fragile area.

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Hernia Cure Options

Out of the copious amounts of strange and bizarre growths our body produces (warts, pimples, cyst), a hernia may be the most embarrassing and painful. A hernia is a flesh-colored bump that protrudes out of any area of the body, most commonly the abdomen. The growth is composed of tissues and organs that have broken through the muscle wall and can be caused by even the most simple of activities. People may be more

susceptible to hernia if it occurs in the family, old age, pregnancy, excessive weight-lifting, recovery after surgery, or obesity. All of these issues weakens or increases the pressure on the abdomen, where surrounding organs or tissues are prone to rupture through. A hernia contains three parts: the orifice, sac, and fatty tissue contents that accompany organs. Some of the symptoms include discolored swelling and tenderness, nausea, vomiting, and fever. Although it is common for the growth to cause pain, it is also possible for some to not even feel anything at all.

The abdomen area is the most common place for a hernia, yet other body parts are vulnerable to a protrusion too, such as the brain, anus, back, and intestines. Usually, a hernia is just a small bump and is more of an inconvenience, but will be life-threatening if it is a larger size and involves vital organs. There are many

hernia repair options out there to treat this growth, most popular being

hernia surgery for complete removal.

For a mild treatment, you doctor may perform one of the following:

Tension Repair: Your doctor will replace the torn tissue and sew back the abdominal wall

Tension-Free Repair: Your doctor replaces the damaged tissue but incorporates a synthetic mesh tissue that to strengthen the abdominal wall again.

Laparoscopic Repair: This treatment is focused on hernias that are located along the inguinal canal. This surgery requires a tiny incision using a specifically-designed camera for the operation.

A more complicated and abrasive procedure would be an open surgery, where a larger hole is created and your doctor will manually push back the hernia. Both open and laparoscopic hernia treatments have their own advantages and disadvantages. The open hernia surgery only requires a local anesthetic but will need a longer recovery time, whereas the laparoscopic repair surgery will experience less pain and recovery time, but will need a general anesthetic. There is a very high success rate of hernia surgery and will immediately rid patients of any discomfort or health risks that come with this condition, though it is the patient's responsibility to take care of themselves to prevent another growth from happening. By avoiding heavy lifting, smoking, and being sure to drink plenty of fluids, patients can keep hernias down and their health intact.

For more details on hernia surgery please visit:

<http://socalhernia.com/>

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TENSION FREE HERNIA REPAIR

Most hernias need treatment by performing an operation.

Hernia surgery is one of the most common operations performed by

surgeons. It is very common for patients to obtain their hernia repaired as a day case making sure that one doesn't need to stay overnight in hospital. Hernia surgery can be performed either under a general or a local anesthetic. The level of operation will depend on the type of hernia one has. Surgeons will discuss their patients demands hernia operation available, using factors such as the type of hernia, the size of the hernia, along with patient's general health. Hernias are generally repaired by choosing a mesh.

A hernia or ("rupture") is a lump which actually happen from a weakness in the stomach wall. Due to this fact, some of the contents contained in the abdomen can then bulge (push through) under the skin. When normal, the front of the abdomen has various layers comprising skin, then fat, then muscles, that keep the intestines (guts) and internal tissues positioned. If unconditionally there is a weak point in the muscles, a part of the intestines can push through. The patient might feel a soft lump or swelling under the skin. The most common types of hernia that occur are umbilical hernia, incisional hernia, inguinal hernia and femoral hernia. There is also a small chance that a hernia may strangulate. A hernia strangulates when increased intestine (bowel) has come through the gap in muscle or ligament after that it might be squeezed. Strangulated hernias actually are dealt with by emergency surgical procedure.

Inguinal hernia is the most common type of hernia, accounting over three out of every four hernias. Many of them occur in men, on both sides of the body. Inguinal hernia occurs when some tissue pushes through the lower abdomen in the groin. They usually occur after heavy lifting, when one may experience a clear pain in the groin and notice the appearance of a swelling. An inguinal hernia may perhaps be fixed by a small operation. Inguinal Hernia Surgery are generally done by a "key-hole" operation, as the recovery is a lot quicker when compared to having an open operation. The operation is accomplished through three tiny cuts, the biggest of and that is only around 1.5 cm in size. It is more common that inguinal hernias be repaired by using a mesh. This is the thin sheet of material which is usually

stitched or glued over the hole of the hernia. This has shown to be stronger and more effective than sewing the edges of the hole together for inguinal hernias. With time, the mesh safely becomes incorporated into the muscle layer, which results in a good, lasting repair.

For much more details on hernia surgery furthermore hernia repair please go to:

<http://socalhernia.com/>

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Sports Hernia Treatments

Having a hernia can be painful and discomfoting. Hernias can happen for a variety of reasons such as sports, heavy lifting or even sneezing. A sports hernia occurs when there is a weak spot in the muscles or tendons of the lower portion of the abdomen. The area where a sport hernia occurs is in the same area that an inguinal hernia would occur as well called the inguinal canal. Some of the initial signs that you may have a sports hernia includes aching pains in the abdomen and soreness to stand up and walk. These symptoms can become more intense when doing strenuous activity or during sneezing or coughing. It is important that you seek hernia treatment Los Angeles athletes say, so that you can safely return to your sport pain free.

Patients that seek treatment about what they suspect to be a hernia will normally undergo a general physical exam with some additional tests and discussion of their medical history. Some instances require for the doctor to use an MRI to validate that the hernia is there and properly analyze its severity. Hernia's cannot correct themselves and it is important no matter how minor the hernia that it be looked at by a doctor.

One of the best treatments for hernias that cannot be adequately positioned back into their original orientation is hernia surgery Los Angeles doctors say. Other methods have a high rate of reoccurring especially for athletes that live an active life style. Of course, taking a break from all activities will need to occur in order to properly mend the hernia and ensure that it has time to become strong again. This is also

crucial to alleviate the pain and discomfort that was early felt as a result of the hernia.

Conservative measures are tested to see if any of the hernia symptoms will dissipate. Sports hernia surgery is the best method of repairing the damaged and weakened area in the abdominal wall. After surgery, patients must follow the strict guidelines of their doctor through rehabilitation to ensure that they have a smooth recover and the hernia mends properly. Typically, recovery is about 8 weeks before you can return to sports or strenuous activity. However, everyone is different and you should get clearance from your doctor before going all out.

Relieve the symptoms of your hernia today and seek the help of a hernia doctor. Although hernias are not initially life threatening, they can become dangerous

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Hernia Repair Options

There are several strange things that our body produces such as pimples, cysts, warts and more, but one of the most painful things is a hernia. Visually, the hernia will look like a flesh colored bump that sticks out of the body most commonly from the abdomen. You can also have the herniated bulge appear in the thigh or the groin. This growth like appearance is composed of tissues and organs that actually break through the muscular wall. They can be caused by even the simplest of activities. Some

people have a higher susceptibility of getting a hernia such as those that are pregnant, are old aged, over-weight, excessively lift weights or hernias run in their family. Certain activities can cause for the pressure in the abdomen to increase where the surrounding organs are prone to rupture. You may have a hernia if you are experiencing symptoms such as discolored swelling and tenderness, vomiting, nausea and fever. If this is the case you should see a doctor to see what type of

hernia repair in Los Angeles

is best for you.

The most common area for a hernia to occur is in the abdominal region, but other body parts can still fall victim to a hernia such as the back, anus, thigh and chest. Typically, a hernia is just a small bump that seems to be nothing more than an inconvenience. However, the hernia although not inherently dangerous, they can become life threatening if it becomes larger and involves vital organs. There are several options for hernia repair that can be used such as hernia repair with mesh, tension-free repair, laparoscopic repair and more.

For minor

hernia surgery in Los Angeles

, your doctor may perform one of the following:

Tension Repair:

The doctor will replace the damaged and torn tissue and sew back the abdominal wall to ensure there are no holes.

Tension-Free

Repair: The doctor replaces the damaged tissue but uses a synthetic mesh tissue to strengthen the abdominal wall.

Laparoscopic

Repair: This treatment focuses on hernias that are located in the inguinal canal.

This surgery requires a small incision using a specially-designed camera for the operation.

For

hernias that are more severe, emergency open surgery may be the only option. A larger incision needs to be made so that the doctor can manually push the hernia back into its original orientation. With any hernia repair there are advantages and disadvantages. Make sure that you speak with a doctor as soon as you think you have symptoms of a hernia. It is best to have it taken care of before it becomes life threatening.

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Things You Should Do After Your Hernia Treatment

Remember

that "Friends" episode where Joey got trouble with hernia? Upon seeing the protruded organ from Joey's side, Chandler got very concerned and told Joey that he should go and see the doctor.

Well, you know the rest of the story. Though Joey made us all laugh with his charming character and got his condition treated, it was clear that having

hernia is not funny at all.

Hernia

is caused when a torn muscle that makes up the wall of the midsection, usually the abdomen or groin area, allows intestinal parts underneath to poke, hence, giving a weird protrusion on the skin.

Because hernia can either be painful or not, every now and then, the bulging may stop. There are people who don't even bother seeking medical help. Whether the bulging ceases and you feel no pain or not, it is wise to go and see your doctor.

Hernia

surgery is a usual procedure and many of them are being done by surgeons specializing in navel hernia in Los Angeles. This procedure is done by creating a small incision within the area where the hernia appeared. Plastic mesh is then inserted into the affected area to strengthen the weakened muscle section.

The

success rate of hernia surgery is very high but to ensure more positive results, you have to follow the right steps for

post

hernia surgery in Los Angeles

Follow these sensible steps carefully and you will truly have a worryless, speedy, and efficient road to full recovery.

For

the first one and a half to two months after your surgery, refrain from lifting heavy stuff or stretching movements which entails you to place your hands over your head. This can strain the incision and artificial mesh, which can lead to the reopening of the wound, hindering the proper healing process.

However, you also need

to move lightly on a regular basis as this helps strengthen the muscles within the treated area. Staying in bed with very little movement for several days or weeks after your treatment is not advisable. Just avoid heavy lifting for the time being till your wound is fully healed.

Always

monitor your wounds; should there be a persistent leaking for some days after your surgery, inform your doctor right away as you might have an infection. Otherwise, if you noticed that the leak stops a few days after the surgery, then that should not raise too much of a worry. Furthermore, if you notice there is a new protrusion, contact your doctor at once.

Meats,

dairy products, nuts and legumes are good sources of high protein. These foods are necessary for the fast repair and healing of your abdominal or groin muscles.

So eat these high-protein foods and you'll surely be living hernia-free days shortly.

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