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FEMORAL HERNIA

What is a femoral hernia?

A femoral hernia is similar to an inguinal hernia but the hernia defect is lower down in the groin. There is a potential weakness near the blood vessels at the top of the thigh called the femoral canal. It can occur in both men and women.

What are the symptoms?

There is a lump in the groin. This can be painful and sometimes the hernia will not be able to be pushed back in. Occasionally there are dangerous symptoms of severe pain, redness and vomiting. If this occurs urgent surgery is required.

What is the treatment?

Surgery is always required. There are different ways of operating and Dr Pathma-Nathan will determine this. The operation requires closing the hernia defect with sutures or mesh.

What are the complications?

The complication rate is low (1-2%).
1. Bleeding
2. Infection
3. Pain: There is always pain after the operation which lasts for a few weeks,
4. Recurrence is uncommon

What can I expect after the operation?

Most surgery is performed as a day only or very short stay in hospital. You will be able to walk immediately and climb stairs. You will require pain killers that you will be given in hospital.

When can I resume normal activities?

There will be no lifting allowed for 2 weeks. You can carry your plate and cup but not much more. After the initial 2 weeks there will be a further period of 2 weeks of light duties (no more than 5kg). These restrictions are to allow time for the mesh to secure into the muscle.

If you work at a desk without any lifting you can return to work in around a week. You can drive once you are no longer requiring strong (prescription) medication. If your work does involve lifting but has no light duties you will need the full 4 weeks off. Each patient's circumstances are different and certificates will be issued accordingly.