

Hernia—patient information

Most hernia swellings cause little in the way of symptoms, but occasionally they may cause problems. If the lump becomes hard and tender and you are not able to push it back in when lying flat, it is possible that the contents of the hernia may have become blocked. This can lead to abdominal pain, vomiting and an inability to open your bowel.

If this happens, please seek urgent review by contacting Dumfries and Galloway Royal Infirmary on telephone number 01387 246246 and ask for surgical triage phone.

We would also recommend that you avoid activities that might make your hernia uncomfortable such as heavy lifting and avoid constipation if possible by adhering to a high fibre diet.

For more information see <https://www.nhsinform.scot/tests-and-treatments/surgical-procedures/inguinal-hernia-repair>