

Quality Care Time - Hernia Care Guide for Carers

Introduction

As a carer, understanding hernias is essential to providing the best support to those affected. This handout will help you recognize symptoms, respond to emergencies, and provide post-surgical care.

What is a Hernia?

A hernia occurs when an internal organ or tissue pushes through a weak spot in the muscle or surrounding tissue. Common areas include the groin, belly button, or previous surgical sites.

Signs and Symptoms

- A visible lump or bulge in the affected area
 - Pain or discomfort, especially when lifting or bending
 - A heavy or dragging sensation
 - Swelling or tenderness at the site
 - Nausea or vomiting in severe cases
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When to Seek Medical Help

Immediate medical attention is needed if:

- The lump becomes hard, painful, or discolored
- The individual experiences nausea, vomiting, or fever
- The hernia cannot be pushed back in (strangulated hernia)
- There is sudden, severe pain

Contact **Annie or Gemma** for further guidance and support, and call emergency services if symptoms are critical.

How to Support Someone with a Hernia

- Encourage them to avoid heavy lifting
 - Assist with daily activities that require strain
 - Support a healthy diet to prevent constipation
 - Remind them to take prescribed medications
 - Help them wear a supportive hernia belt if recommended by a doctor
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Post-Surgery Care

If the individual undergoes hernia repair surgery, follow these guidelines:

- Ensure they rest and avoid strenuous activities
 - Monitor the wound for signs of infection (redness, swelling, discharge)
 - Encourage gentle movement to prevent blood clots
 - Assist with pain management as prescribed by the doctor
 - Keep follow-up appointments and adhere to medical advice
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Emergency Contact Information

For non-emergency concerns, contact **Annie or Gemma**. If the individual experiences severe pain, fever, or vomiting, call emergency services immediately.

By staying informed and prepared, you can play a vital role in ensuring the well-being of those in your care.