



# Surgical Repairs for Umbilical Hernias

---

## Primary Repair

The smaller hernias at the umbilicus (usually under 1.5 cm) can be repaired surgically with sutures and are performed on an outpatient basis under local anesthesia with sedation. Recovery and return to daily activity is usually less than a week.

## Tension-Free Hernia Repair

The moderate and larger sized umbilical hernias are repaired using a small piece of synthetic mesh. These repairs are performed on an outpatient basis either under local anesthesia with sedation or general anesthesia. Recovery and return to daily activity is usually less than a week. Heavy lifting and vigorous activity is generally limited for about 2 to 3 weeks.

## Laparoscopic Repair

Some of the larger and more complex umbilical hernias are repaired using laparoscopic techniques and mesh. These procedures are always completed under general anesthesia and, at times, require an overnight hospital stay. Recovery and return to daily activity is usually about a week. Heavy lifting and vigorous activity is generally limited for about 2 to 3 weeks.

**Your surgeon can discuss the surgical option that will be most effective for you after your consultation.**