

## Epigastric hernia repair

### What is an epigastric hernia?

An epigastric hernia is a lump in the midline between your belly button and sternum (breastbone) which can cause pain.

In an epigastric hernia, fat pushes out through a weakness in the wall of your abdomen between your belly button and sternum and forms a lump. The most common symptom is pain caused by the fat being pinched by your abdominal wall.

### What does the operation involve?

Your surgeon will make a cut over the hernia and free up the 'hernial sac'.

If only fat is pushing through, your surgeon will either remove the fat or push it back. If contents of your abdomen are also pushing through, they will place the contents back inside your abdomen.

Your surgeon will remove the hernial sac and close the weak spot with strong stitches or a synthetic mesh.

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GENERAL AND LAPAROSCOPIC SURGEON

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