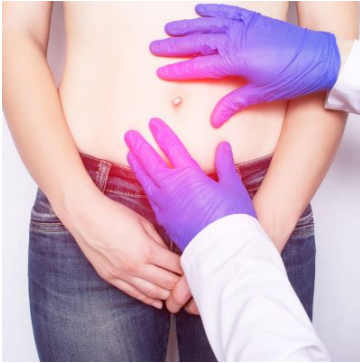


Umbilical Hernia Repair Surgery



Umbilical hernias are fairly common in infants, particularly for premature babies, and tend to disappear on their own. However sometimes, umbilical hernias can develop in adults, for example if you have been straining your muscles whilst lifting heavy objects, if you have a heavy cough or are overweight. This causes a bulge to appear around the belly button in the abdominal wall, where fatty tissue or part of your bowel is protruding from the navel. Umbilical hernia surgery Treatment will usually be recommended to repair an umbilical hernia in adults, as complications such as obstruction, nausea and pain can develop if left untreated.

Fast private umbilical hernia surgery to help get you on your way to recovery

Umbilical hernia repair surgery is a straightforward procedure that takes around 20 to 30 minutes and can be carried out as an open or laparoscopic (keyhole) procedure. It is usually possible to go home on the same day. Your Consultant will discuss your best options for treatment during your initial consultation.

Prices & payment

Private umbilical hernia surgery prices start from:

Umbilical hernia repair surgery
from £2,742

The above are guide prices only.

Our [terms and conditions can be found here](#).

Consultants



Mr Yasser Abdul Aal

Available at
KIMS Hospital

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Mr Jacek Adamek

KIMS Hospital+2 locations

[View profile](#)



Mr Simon Bailey

KIMS Hospital+3 locations

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Mr Sanjoy Basu

Available at
KIMS Hospital

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Mr Richard Dickson-Lowe

KIMS Hospital+1 location

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Mr William Garrett

KIMS Hospital+1 location

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Ms Ayesah Gordon-Dixon

Available at
KIMS Hospital

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Mr Neil Kukreja

KIMS Hospital+1 location

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Mr William Lynn

KIMS Hospital+2 locations

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Mr Abuchi Okaro

KIMS Hospital+1 location

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FAQs

What does an umbilical hernia repair involve?

In most cases, the operation is carried out under general anaesthetic. Your Consultant will make

a 3-4 cm incision and carry out a procedure to push the hernia back into place and repair the weakness in the abdominal wall. The muscle layers at the weak spot in the abdominal wall where the hernia came through are stitched together to strengthen them. For large umbilical hernias, a special mesh patch may be placed in the abdominal wall to strengthen the area instead. Hernia repair can be performed as an open or laparoscopic (keyhole) procedure, although most umbilical hernia surgery repairs are carried out as open procedures. Your treatment options will be discussed with you during your initial consultation.

Where will my surgery take place?

Regardless of where you had your initial consultation, all surgical procedures take place at KIMS Hospital in Maidstone. Most outpatient appointments, including follow up appointments with your Consultant, can take place at either KIMS Hospital or Sevenoaks Medical Centre.

Will I need to stay in hospital?

Treatment for an umbilical hernia is usually carried out as a day case so you should be able to go home afterwards, but, in some cases, you may need to stay in hospital overnight. Your Consultant will be able to advise you on this during your consultation.

What is the recovery period for an umbilical hernia operation?

Most patients find they make a full recovery within six weeks, with some able to return to driving and work within two weeks. However, everyone is different, and you will be able to discuss this during your consultation.

What is the cost of private umbilical hernia repair at KIMS Hospital?

Private umbilical hernia repair surgery at KIMS Hospital starts from £2,742. You can use private medical insurance or pay for yourself. Flexible payment plans are available to spread the cost.