

General Surgery – Tips & Tricks



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Disclosure / Conflict of Interest



**We Have
Nothing to
Declare**

Case 1

- 20 fit and well male
- One episode of right groin pain while exercising ~2 weeks ago
 - No swelling/mass noted
- No family history of note
- O/E:
 - No obvious groin swelling
 - ?Cough impulse right groin, scrotum normal

Case 1

- Next step?
 - Reassure with analgesia and physiotherapy ←
 - Imaging with USS ←
 - Refer to General Surgery clinic

Case 2

- 40 fit and well male
- One episode of right groin pain while exercising ~2 weeks ago
 - Swelling came on the next day, disappears on lying down
- No family history of note
- O/E:
 - Obvious right groin swelling -> Reduces on palpation/lying down

Case 2

- Next step?
 - Reassure and observe
 - Imaging with USS
 - Refer to General Surgery clinic ←

Case 3

- 50 overweight, fit and well male
- Sudden onset of central abdominal pain 1 week ago
 - Settled and noticed umbilical swelling
- No medical/surgical history of note
- O/E:
 - Umbilical swelling that reduces on lying down
 - Mildly tender to palpation

Case 3

- Next step?
 - Reassure and observe
 - Imaging
 - Refer to General Surgery clinic ←

Case 4

- 50 overweight, fit and well male
- Sudden onset of central abdominal pain 2 hours ago
 - Nausea/vomiting, ?passing flatus, last BM yesterday
- No medical/surgical history of note
- O/E:
 - Tender/tense umbilical swelling
 - Unable to reduce due to pain

Case 4

- Next step?
 - Imaging
 - Refer to General Surgery clinic
 - Refer to General Surgery acutes ←

Hernia in general...

- Definition:
 - Protrusion of an organ from it's original cavity to another cavity
- Commonly seen types of hernia
 - Abdominal wall
 - Epigastric
 - Umbilical/paraumbilical
 - Rare – Spigelian
 - Groin
 - Inguinal
 - Femoral
 - Incisional



Inguinal Hernia

- Groin swelling +/- pain
 - Concordant history and examination
- Medial and inferior to pubic tubercle
- Over time, protrudes to scrotum and enlarge over time
- Two types
 - Direct
 - Indirect
- Indirect more common overall
 - Direct more common in elderly