

Forum:[Hack Forums](#)

Thread: [Hernia](#)

Omniscient - June 22, 2016, 1:14 pm

Just had an operation yesterday to repair a double inguinal hernia. I'm really sore and taking pain medication.

Hernia started about a year or so ago and was growing because of all my physical activity. All the adult men in my family have hernias.

I have basically 3 cuts. One in the belly button and the other two are on each side. I got a mesh repair.

Yesterday I was so out of it I couldn't be online. Woke up and got back to work today. Can't really do much yet. Can barely walk around. Took some pain meds an hour ago to lower the discomfort I was feeling.

Mainly making this thread to answer any questions members might have about hernias.

hey soul sister - June 22, 2016, 1:16 pm

I hope you get feeling better, Omni. I am off work for 2 weeks while I wait for my stitches to heal. Cut myself pretty badly yesterday.

Spoiler ([Click to View](#))

[img]http://i1082.photobucket.com/albums/j374/ft143/IMG_0198_zpsfmxqggwc.jpg[/img]

fieryblast - June 22, 2016, 1:20 pm

I almost got myself a spinal disc herniation (L5, S1) thanks to my shitty sitting posture, but thankfully it was just a minor lesion. Sciatica is still a fucking pain in the ass

Aerospace - June 22, 2016, 1:20 pm

Do you know what could have led up to your hernia? Like any previous injuries or any times you've had severe pain in that area?

Zoom? - June 22, 2016, 1:22 pm

how can you be certain you have one? i have pain in that region but not sure if its hernia or not

Shoe - June 22, 2016, 1:23 pm

Yikes, no fun. ./ Had one myself. Have you had multiple or is this your first?

Arptastic - June 22, 2016, 1:23 pm

Hope you get better man for the sake of hf, just kidding lol, for the sake of your health.

Shoe - June 22, 2016, 1:24 pm

(Jun 22, 2016 01:22 PM)Zoom? Wrote: [\[CITE\]](#) how can you be certain you have one? i have pain in that region but not sure if its hernia or not

Doctors will usually do some testing and let ya know. If you think you have one, get it checked as they'll often times become a bigger issue than they're made out to be.

aesad - June 22, 2016, 1:25 pm

Good luck mister. Hope you get healthy.

Vitani - June 22, 2016, 1:26 pm

I actually had the same, it runs in my family aswell. Always have had pains in my back, and my mom had a double hernia.

This was fixed though due to wearing special soles in my shoes. I know it sounds stupid but it really does work! It has to do with Podopostural therapy.

If you are interested in this, please feel free to PM me and i'll be sure to send over all information. It actually saved me from a surgery myself and i never have any pain or anything aslong as i keep wearing them.

Zoom? - June 22, 2016, 1:27 pm

(Jun 22, 2016 01:24 PM)Shoe Wrote: [\[CITE\]](#) Doctors will usually do some testing and let ya know. If you think you have one, get it checked as they'll often times become a bigger issue than they're made out to be.

ok, my uncle just got a hernia surgery so thats what drew my attention to it

Chosen 1 - June 22, 2016, 1:27 pm

Get off HF and get some rest. Surgery sucks.

Dox4Life - June 22, 2016, 1:55 pm

I've been diagnosed with a Hiatus hernia. Its basically my stomach poking up and it means I can't eat spicy foods anymore. Good luck on recovery Omni don't die on us yet

labroca - June 22, 2016, 1:57 pm

My mother is having a terrible time with this right now.. I understand how difficult it can be sometimes. Avoid spicy food.

12Chainz - June 22, 2016, 1:59 pm

It could be worse you could have had a Perineal hernia if thats of any relief. Do you have a (personal) time table for your recovery? When are you expecting to normalize?

Omniscient - June 22, 2016, 2:05 pm

Quote:how can you be certain you have one?

For my type of hernia you could see the bulge on each side. When I cough or push with my stomach you can feel the intestine coming through. Started off very small and grew over time. I could have let it go another few years probably but felt it best to just get it taken care of now.

Hernia's don't always come with pain. Depends on their location and severity.

Quote:Have you had multiple or is this your first?

This was my first ever surgery.

Quote:It could be worse you could have had a Perineal hernia. Do you have a (personal) time table for your recovery? When are you expecting to normalize?

I was told 7-10 days for what should be a full recovery but I'm giving it 3-4 weeks before I resume my regular workout regiment.

Zoom? - June 22, 2016, 2:08 pm

(Jun 22, 2016 02:05 PM)Omniscient Wrote: [\[CITE\]](#) For my type of hernia you could see the bulge on each side. When I cough or push with my stomach you can feel the intestine coming through.

Started off very small and grew over time. I could have let it go another few years probably but felt it best to just get it taken care of now.

Hernia's don't always come with pain. Depends on their location and severity. sometimes when i lie down i have a shooting pain in that area, when ever i move it hurts like crazy, thats only happened twice in the past 3 months, do you think that could be one?

Omniscient - June 22, 2016, 2:13 pm

(Jun 22, 2016 02:08 PM)Zoom? Wrote: [\[CITE\]](#) sometimes when i lie down i have a shooting pain in that area, when ever i move it hurts like crazy, thats only happened twice in the past 3 months, do you think that could be one?

Are you on your back or your stomach? If you get pain while laying on your stomach that might be a hernia. Doctors know how to check for these.

bandors - June 22, 2016, 2:18 pm

RIP Omni. At least you don't have a job where you gotta run around everywhere.

Caliban - June 22, 2016, 3:18 pm

My father is approx the same age as you, he had hernia too last year, i think its not very uncommon for 45-55 year old men. Hope u recover fast !

Reven?nt - June 22, 2016, 3:20 pm

Hopefully, it's a quick recovery, Omni. I am sure that is extremely painful and you'll be happy when it's all over. I had surgery about a year ago and those pain pills were real nice.

Omniscient - June 22, 2016, 5:10 pm

(Jun 22, 2016 03:18 PM)Caliban Wrote: [\[CITE\]](#) My father is approx the same age as you, he had hernia too last year, i think its not very uncommon for 45-55 year old men. Hope u recover fast !

Did your father workout or have some other physical activity?

?lood - June 22, 2016, 5:12 pm

That sucks m8, Get well soon.

Vegas - June 22, 2016, 5:13 pm

You know what you must do.

<https://www.euphoriawellnessnv.com/>

JonBellion - June 22, 2016, 5:16 pm

Would you rather have those hernias or have a tough guy punch you full on in the gut when you aren't flexing?

w4RNING - June 22, 2016, 5:22 pm

Yeah, my dad had an operation as well. He was a construction worker and had to carry heavy things daily which lead to back problems. It's a common problem indeed.

Maybe I should stop letting someone crack my back frequently, I'm not sure if this could cause a hernia or prevent a hernia.

Eternal. - June 22, 2016, 5:29 pm

My dad also had this operation due to a hernia because he was a construction worker like W4rning's father. He got so bad he said he could die from it and his stomach would open or split or something of that sort.

Anyways, wish you well on your recovery.

Omniscient - June 22, 2016, 5:44 pm

(Jun 22, 2016 05:16 PM)JonBellion Wrote: [\[CITE\]](#) Would you rather have those hernias or have a tough guy punch you full on in the gut when you aren't flexing?
Tough guy punch me in the gut.

The OG FurFag ? - June 22, 2016, 5:57 pm

Get well soon Omni. My mother has a few back issues and hernias so I somewhat know the effects. Bed rest, pain meds and what not.

labroca - June 22, 2016, 6:00 pm

I do not recall if I posted on this thread or not. Someone else may have posted a thread about hernias.

My mother recently found out a hernia was the root cause to her illness and is scheduled to have surgery tomorrow. I understand the difficulties you must have faced.

The OG FurFag ? - June 22, 2016, 6:00 pm

(Jun 22, 2016 05:58 PM)DoublesNUMBER1FAN Wrote: [\[CITE\]](#) Would you rather have me curbstomp you or get punched in the gut by a touch guy

Pretty sure he could take a hell of a punch. I can't say the same about a damned curb stomp.

Nads - June 22, 2016, 6:00 pm

Get well Omni, hears to your fast recovery. We thank you for everything you do her, especially since most of us have nothing to do without this website when we are sitting at McDonalds for the free WiFi.

Knucklez. - June 22, 2016, 6:08 pm

Get well soon. The recovery must be very annoying.

Caliban - June 22, 2016, 6:08 pm

(Jun 22, 2016 05:10 PM)Omniscient Wrote: [\[CITE\]](#) Did your father workout or have some other physical activity?

He does go jogging regularly and he went to the gym with me a couple times. Not sure what actually was the cause tho. Maybe because he isnt very slim, or just plain genetic predisposition, idk.

mrnapolean1 - June 22, 2016, 6:28 pm

Get well soon Omni.

I have never personally had a hernia before but my father has. It was right above the belly button and he had it fixed shortly after the doctors found it.

Took him 2-5 weeks for recovery. The first few days after the surgery, he lived on the couch only getting up to eat and go to the bathroom.

Manipulate - June 22, 2016, 6:49 pm

My friend has a hernia in his balls or something like that.

Omniscient - June 22, 2016, 6:51 pm

(Jun 22, 2016 06:28 PM)mrnapolean1 Wrote: [\[CITE\]](#) Get well soon Omni.

I have never personally had a hernia before but my father has. It was right above the belly button and he had it fixed shortly after the doctors found it.

Took him 2-5 weeks for recovery. The first few days after the surgery, he lived on the couch only getting up to eat and go to the bathroom.

Yeah, well...I get the luxury of working while at home. Still sitting at least. Not very comfortable either.

labroca - June 22, 2016, 6:54 pm

(Jun 22, 2016 06:51 PM)Omniscient Wrote: [\[CITE\]](#) Yeah, well...I get the luxury of working while at home. Still sitting at least. Not very comfortable either.

By any chance do you own a mesh ergonomic chair?

What is happening to Hackforums :(

Omniscient posts a thread, and it's so inactive. I remember these threads used to be fire.

The OG FurFag ? - June 22, 2016, 7:58 pm

(Jun 22, 2016 06:54 PM)?Globe Wrote: [\[CITE\]](#) By any chance do you own a mesh ergonomic chair?

What is happening to Hackforums :(

Omniscient posts a thread, and it's so inactive. I remember these threads used to be fire.

Two years? I mean.. I guess you could remember but before 14' threads that involved Omni's general life where booming. Everyone wanted to get to know the all mighty Omni better.

Steve - June 22, 2016, 8:03 pm

Damn I'm sorry that happened to you. You said that all of the adult males have had hernias, but google says that they aren't that hereditary. You must have gotten it from physical activity like you said.

Although hernias aren't themselves hereditary, I guess you could have inherited some muscle weakness which could have given you a greater chance of getting it.

Does the surgery provide a permanent solution to it?

Also, get well soon!

mrnapolean1 - June 22, 2016, 8:10 pm

(Jun 22, 2016 06:51 PM)Omniscient Wrote: [\[CITE\]](#) Yeah, well...I get the luxury of working while at home. Still sitting at least. Not very comfortable either.

It was not comfortable for him either even though he was sitting down.

I hope you get well soon. ?

ZuGgY - June 22, 2016, 8:12 pm

That sucks, man.

Get well soon!

Blazin - June 22, 2016, 9:52 pm

I don't have any questions for you, but I do wish you a speedy recovery. & hope the operation and everything went fine.

Mr. Corleone - June 23, 2016, 6:27 am

I will pray for you today. Hope you get better you beast.

Evanescant - June 23, 2016, 6:42 am

Get well soon Omni, you need rest.

Omniscient - June 23, 2016, 7:05 am

Quote: but google says that they aren't that hereditary. You must have gotten it from physical activity like you said.

I think they are wrong. My doctor repeated the same thing that they aren't hereditary but literally two years before I had any sign of a hernia my father told me it's about time I get one because this is the age all the males in my family got one.

Quote:Does the surgery provide a permanent solution to it?

Recurrence rate is high for hernias. It might be good, it might not. Likely I will have to change my workout routine and also buy a belt for any lifting I do.

Yin Yang - June 23, 2016, 7:10 am

I have had many friends who power lift/heavy lift and get hernias from time to time. Make sure to work on your breathing, breath in as you go up, and exhale when you go out. Proper form and breathing go along way!

7Summers - June 23, 2016, 7:13 am

I currently have an umbilical hernia, waiting for an ultra sound in couple weeks too. Causes me discomfort and I get bloated super fast, weight lifting is what cause it to come up.

12Chainz - June 23, 2016, 7:14 am

(Jun 23, 2016 07:10 AM)Yin Yang Wrote: [\[CITE\]](#) I have had many friends who power lift/heavy lift and get hernias from time to time. Make sure to work on your breathing, breath in as you go up, and exhale when you go out. Proper form and breathing go along way!

Yeah lower your weights, and work on form(everyone could work on their form a little bit). Also big thing, consider the shoes you're wearing.You can't go wrong in a good ol'e pair of chucks.

Mr. Robot - June 23, 2016, 7:18 am

Kinda feel bad for PMing you lol - might have given you some entertainment at least.

I had a hernia in 2008 in my abdomen - took badly to the meds I was on and was up in hospital for almost 3 months in total.

Glad you are recovering - just play some Wolfenstein and rest up!

Black Shadow - June 23, 2016, 3:54 pm

I have had the exact same operation about 6 years ago, you will be a bit sore for a week or so but it does get better.

labroca - June 23, 2016, 3:56 pm

(Jun 22, 2016 07:58 PM)SpamTecCrew Wrote: [\[CITE\]](#) Two years? I mean.. I guess you could remember but before 14' threads that involved Omni's general life where booming. Everyone wanted to get to know the all mighty Omni better.

I guess since he came out a little more on Instagram (which we love btw Omni) people know him.

Roytoy - June 23, 2016, 4:34 pm

I hope you get better, Omni. This seems pretty serious but gad it's out of the way.

Steve - June 23, 2016, 4:36 pm

(Jun 23, 2016 07:05 AM)Omniscient Wrote: [\[CITE\]](#) I think they are wrong. My doctor repeated the

same thing that they aren't hereditary but literally two years before I had any sign of a hernia my father told me it's about time I get one because this is the age all the males in my family got one. Hmm that's definitely possible. It makes sense that you would have a higher chance of getting it if all of your previous forefathers have also gotten it around that age.

Stashy - June 23, 2016, 4:37 pm

Can we get a 'Hernia Award' for posting in your hernia thread?

labroca - June 23, 2016, 7:55 pm

(Jun 23, 2016 04:37 PM)H u b b a Wrote: [\[CITE\]](#) Can we get a 'Hernia Award' for posting in your hernia thread?

Awards used to be an honor, not something you can just buy or spam to get.

TRAUMA - June 23, 2016, 7:56 pm

(Jun 23, 2016 04:37 PM)H u b b a Wrote: [\[CITE\]](#) Can we get a 'Hernia Award' for posting in your hernia thread?

Don't ask for rewards, I know from first hand experience.. Pro tip.

Vodka. - June 23, 2016, 9:27 pm

I hope you get better omni my dad had an operation similar to yours but after a little while he got better :)

Stashy - June 24, 2016, 1:02 am

(Jun 23, 2016 07:56 PM)CHAsE Wrote: [\[CITE\]](#) Don't ask for rewards, I know from first hand experience.. Pro tip.

I wasn't being serious. I was joking because there's awards for all sorts of other weird things.

Demoralise - June 24, 2016, 11:59 pm

I hope you feel better soon Omniscient.

EthanX - June 25, 2016, 12:56 pm

I don't blame you for feeling bad. When I was 13 I fucked up on a turn with a bmx bike and pin-balled a testicle into my intestines. The surgery for that was not too bad until the car ride home on these really bumpy Dallas roads. I couldn't move for almost a week and I believe they told me my chances for testicular cancer was greatly increased. Shit, I think I might, every once in awhile I feel nauseous and sick to my stomach, and I know it's somehow related to my surgery because I get this intense pain down there at the same time. Need to talk to a doctor about it but I'm too nervous. Hopefully it's nothing.

Omniscient - June 25, 2016, 1:59 pm

Feeling better today. I hope I can start to leave the house by Monday.

Description - June 25, 2016, 2:00 pm

Damn this really sucks hope you're feeling better now.

Talu - June 25, 2016, 2:52 pm

Damn that's terrible. Hope you're back to normal soon.

Kinda Old - June 25, 2016, 2:54 pm

(Jun 25, 2016 01:59 PM)Omniscient Wrote: [\[CITE\]](#) Feeling better today. I hope I can start to leave the house by Monday.

You'll be alright. Stay positive, you are a lion in this world.

Dave from the lawyer firm - June 26, 2016, 8:39 am

damn man that sucks, hope you get better soon. stay positive!

Widow's Peak - June 26, 2016, 12:41 pm

what causes hernias? they sound painful and i dont want one. i workout a lot too, pretty much everyday lifting weights. ive heard if you squeeze / tighten too much u can get one? is this true? i tighten up a fuck ton when squatting.

Omniscient - June 26, 2016, 1:04 pm

(Jun 26, 2016 12:41 PM)Dr. Gregory House Wrote: [\[CITE\]](#) what causes hernias? they sound painful and i dont want one. i workout a lot too, pretty much everyday lifting weights. ive heard if you squeeze / tighten too much u can get one? is this true? i tighten up a fuck ton when squatting.

It's a weakening of an abdominal muscle area that holds in your intestines. You can get them in a number of places. I had the most common which is inguinal and I had it on both sides.

And consider wearing a weightlifting belt to minimize your risk.

Rubixa - June 26, 2016, 1:07 pm

(Jun 25, 2016 01:59 PM)Omniscient Wrote: [\[CITE\]](#) Feeling better today. I hope I can start to leave the house by Monday.

That's good to hear, you'll be enjoying a nice cigar and playing some golf in no time. Take it easy mate :)

Granny Bacon - June 26, 2016, 1:16 pm

I hope you feel better today, that doesn't sound so good to have. :/

Take it easy! :)

Widow's Peak - June 26, 2016, 1:17 pm

(Jun 26, 2016 01:04 PM)Omniscient Wrote: [\[CITE\]](#) It's a weakening of an abdominal muscle area that holds in your intestines. You can get them in a number of places. I had the most common which is inguinal and I had it on both sides.

And consider wearing a weightlifting belt to minimize your risk.

i usually do on big lifts. my abs/core is pretty strong though so hopefully im not susceptible to them

Omniscient - June 29, 2016, 9:33 pm

Well, went to the emergency room today. Had a severe abdominal pain. So intense that I finally went to the hospital because I was worried that I was having a complication from the surgery. They ran a bunch of tests and I got some meds for the pain. Eventually it subsided and the tests came back negative. Supposedly sometimes hernia operations can cause severe gas as a side-effect. Scared the crap out of me and ruined my day. Home now, feel better, but tired.

Steve - June 29, 2016, 9:35 pm

(Jun 29, 2016 09:33 PM)Omniscient Wrote: [\[CITE\]](#) Well, went to the emergency room today. Had a severe abdominal pain. So intense that I finally went to the hospital because I was worried that I was having a complication from the surgery. They ran a bunch of tests and I got some meds for the pain. Eventually it subsided and the tests came back negative. Supposedly sometimes hernia operations can cause severe gas as a side-effect. Scared the crap out of me and ruined my day. Home now, feel better, but tired.

Damn that sounds like a scare. Glad it turned out to be nothing too serious. Sorry that happened and your day was ruined... Get some rest!

Pew ? - June 29, 2016, 9:36 pm

(Jun 29, 2016 09:33 PM)Omniscient Wrote: [\[CITE\]](#) Well, went to the emergency room today. Had a severe abdominal pain. So intense that I finally went to the hospital because I was worried that I was having a complication from the surgery. They ran a bunch of tests and I got some meds for the pain. Eventually it subsided and the tests came back negative. Supposedly sometimes hernia operations can cause severe gas as a side-effect. Scared the crap out of me and ruined my day. Home now, feel better, but tired.
Rough. Maybe you should try and sleep. HF will be fine for one night.

Wings of Redemption - June 29, 2016, 9:37 pm

(Jun 29, 2016 09:33 PM)Omniscient Wrote: [\[CITE\]](#) Well, went to the emergency room today. Had a severe abdominal pain. So intense that I finally went to the hospital because I was worried that I was having a complication from the surgery. They ran a bunch of tests and I got some meds for the pain. Eventually it subsided and the tests came back negative. Supposedly sometimes hernia operations can cause severe gas as a side-effect. Scared the crap out of me and ruined my day. Home now, feel better, but tired.
I am so glad everything is normal for now.

Regan - June 29, 2016, 9:37 pm

Hope you have a fast recovery sir, take it easy.

johnnathontaylor - June 29, 2016, 9:41 pm

Damn, hope you get better soon ?

todo2020 - June 30, 2016, 12:16 am

They are pretty much genetics but you might've been able to prevent it through weight lifting. But good luck on your recovery.

Skorp - June 30, 2016, 12:50 am

I wish you the best on getting 100% again! You will feel significantly better in the long run, this was for the best of you. Best of luck on a speedy recovery!

Bluffer - June 30, 2016, 12:54 am

(Jun 29, 2016 09:33 PM)Omniscient Wrote: [\[CITE\]](#) Well, went to the emergency room today. Had a severe abdominal pain. So intense that I finally went to the hospital because I was worried that I was having a complication from the surgery. They ran a bunch of tests and I got some meds for the pain. Eventually it subsided and the tests came back negative. Supposedly sometimes hernia operations can cause severe gas as a side-effect. Scared the crap out of me and ruined my day. Home now, feel better, but tired.
Damn I know personally what it's like to have terrible abdominal pain, hope all the best for you mate.

Best to get some rest and start fresh in the AM! ?

Talu - June 30, 2016, 11:26 am

(Jun 29, 2016 09:33 PM)Omniscient Wrote: [\[CITE\]](#) Well, went to the emergency room today. Had a severe abdominal pain. So intense that I finally went to the hospital because I was worried that I was having a complication from the surgery. They ran a bunch of tests and I got some meds for the pain. Eventually it subsided and the tests came back negative. Supposedly sometimes hernia operations can cause severe gas as a side-effect. Scared the crap out of me and ruined my day. Home now, feel better, but tired.
That sucks, glad it was nothing serious. Hope you're back to 100% soon ?

Casian - *July 1, 2016, 8:07 pm*

My dad just got a hernia removed. Hope you recover as well as he did!