

Umbilical Hernia

This is a hernia that allows the intestines to protrude through the navel (belly button) region. They are generally small and cause few signs and symptoms. They do not tend to interfere with activities of daily living. However, they may cause unsightliness or discomfort.

Signs and symptoms that are commonly experienced may include

- Swelling or a bulge near the navel
- Pain or discomfort
- Discoloration

Risk Factors

- Can be present at birth
- Genetics
- Pregnancy
- Obesity

Prevention

- Achieve and maintain a healthy weight
- Wear support garments during pregnancy

Diagnosis

- Most umbilical hernias are diagnosed on a physical exam.
- Occasionally your doctor may order additional tests such as ultrasound or CT to confirm the diagnosis or for planning surgery.

Treatment

Hernias tend to progressively get worse with time, they will not heal on their own. Surgical repair is the primary treatment. Surgery can be performed laparoscopic or open. Mesh is sometimes recommended. These repairs can typically be performed as an elective outpatient procedure.