



2034 Dabney Rd. Suite C
Richmond, VA 23230
Phone: 804-649-9043
E-mail: powell@powelloandp.com
Web: www.powelloandp.com

Orthotic Care and Wear Instructions

Hernia Truss

General Description:

A truss provides support for the herniated area to hold it in the correct position.

Application:

- Reduce Hernia per Orthotist instructions
- Apply truss pad to hernia site
- Attach and snug up straps

Inguinal hernia belt:

- Lie on your back with knees bent and relax your stomach muscles. Hold the hernia and move it in a circular motion. Patient should feel the mass pop back in through the muscle wall.
- Fit the truss so the pad is positioned over the hernia. Fasten the straps so they are snug enough to be secure but not uncomfortable.
- The wide strap will be hooked in front, followed by the narrow strap that goes between the legs and up to the wide strap. (The narrow strap may be left attached and the patient can slip the truss up their leg before lying down.)
- After the truss is in position, stand and make sure hernia is held in place. If hernia slips out of place, the pad should be repositioned.

Wearing Schedule and Restrictions:

Truss wearing schedule and restrictions are according to physician's specifications.

Cleaning:

Hand wash truss with lukewarm water and mild detergent. Lay flat to dry.

Risks and Benefits:

BENEFITS

- Reduces pain
- Stabilizes the hernia



2034 Dabney Rd. Suite C

Richmond, VA 23230

Phone: 804-649-9043

E-mail: powell@powelloandp.com

Web: www.powelloandp.com

- Prevents hernia from getting worse

RISKS

- May cause skin breakdown such as scratching, bruising, or blistering, which can cause serious complications if skin is not checked regularly or if device is not applied as directed.

Tips and Problem Solving:

- Lying down may help to reduce some hernias.
- The truss should be worn snugly, but not so tight as to be uncomfortable.

If there are any problems or questions regarding the brace, please contact the orthotist.