

Hernia Surgery

INGUINAL HERNIA REPAIR

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A hernia occurs when an organ or fatty tissue squeezes through a hole in the surrounding muscle or tissue. An inguinal hernia, or groin hernia, is a type of hernia that happens in the area between the hip bone and the pubic bone.

Inguinal hernias can be present at birth. However, more often they develop over time. Inguinal hernias are more common in men but can be present in females as well.

SYMPTOMS OF INGUINAL HERNIA

- groin pain
- a bulge at the groin
- swelling in their private area

Some patients have no symptoms but are referred for evaluation after their primary care doctor notices the hernia.

WHY REPAIR THE HERNIA?

- To eliminate the associated pain or discomfort
- To correct the appearance of the hernia or its interference with physical activity
- To decrease the risk of intestinal injury that may be caused by the hernia

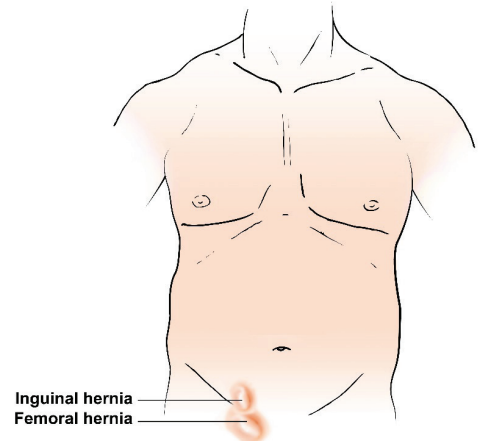
Hernias aren't always serious but do tend to worsen over time. As the hole becomes weaker and wider, more tissue (intestine, fat or fluid) can push through it. The more tissue that pushes through, the more likely it can get stuck, which can be painful or even dangerous. If a piece of your intestine gets pinched or blocked, you can become very sick.

Our goal is to repair the hernia **before** this happens!

REPAIR OPTIONS

Open inguinal hernia repair:

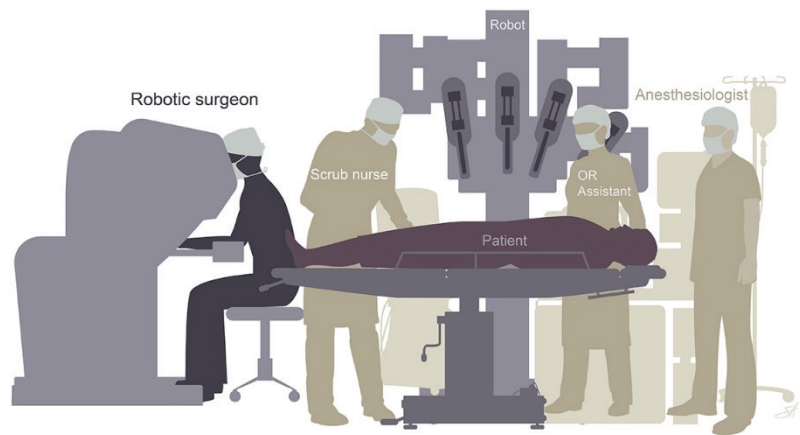
- Doctor makes an incision in the groin near the hernia, usually a few inches long
- A piece of mesh is placed between the layers of the muscle to strengthen the weak area
- The skin is closed with stitches that naturally absorb over time



LAPAROSCOPIC OR ROBOTIC INGUINAL HERNIA REPAIR

- Doctor makes three small incisions on your upper abdomen through which the surgeon uses instruments to repair your hernia
- Surgeon uses instruments to repair your hernia and place the mesh to strengthen the weak area

The benefit of laparoscopic or robotic approach is that if a hernia is present on both sides, they can both be repaired at the same time without requiring more incisions. Also, recovery times are quicker than with open hernia repair.



Your doctor will recommend the best option for you depending on the hernia size, body build, previous hernia repairs, previous abdominal surgery and your preference.

AFTER SURGERY

Every hernia repair carries a risk of recurrence (coming back). For this reason, your surgeon may include activity restrictions after surgery. The recurrence risk is the same with open or with laparoscopic and robotic approaches.

The amount of time needed for post-operative recovery is dependent on size of the hernia and the complexity of the repair but is similar between the two approaches. Because we are bringing the muscles of the abdominal wall together to close the hernia defect, patients will have abdominal soreness afterwards.

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