
GROIN HERNIA REPAIR

- A hernia occurs when tissue bulges out through an opening in the muscles.
- Any part of the abdominal wall can get weak and develop a hernia, but the most common sites are the groin, the umbilicus and a previous surgical incision site.

Options

- **Open hernia repair:** An incision is made near the site and the hernia is repaired with mesh or by suturing (sewing) the muscle closed.
- **Laparoscopic hernia repair:** The hernia is repaired by mesh or sutures inserted through instruments placed into small incisions in the abdomen.
- **Nonsurgical Option:** Watchful waiting is safe and acceptable for adults with inguinal hernias that are not uncomfortable. Many patients become symptomatic after the first 1 to 2 years and crossover to surgery due to increased pain on exertion, chronic constipation or urinary symptoms.

Benefits of the operation

An operation is the only way to repair a hernia. You can return to your normal activities and in most cases will not have further discomfort.

Risks of the operation

Return of the hernia, infection, injury to the bladder, blood vessels, intestines or nerves, difficulty passing urine, continued pain, and swelling of the testes or groin area.

Risks of not having an operation

Your hernia may cause pain and increase in size. If your intestine becomes trapped in the hernia pouch you will have sudden pain, vomiting, and need an immediate operation.

Expectations of the operation

If there are no complications you usually will go home the same day.

Call the surgeon

If there is severe pain, stomach cramping, chills, or a high fever, odor or increased drainage from the incision, or no bowel movements for 3 days.



Dr Zaid Z. Al-Eshaiker

MB ChB, MD, FICMS/GS

SPECIALIST GENERAL SURGEON