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## VENTRAL HERNIA REPAIR

- A ventral hernia is a bulge through an opening in the muscles on the abdomen.
- The hernia can occur at a past incision site (incisional), above the navel (epigastric), or other weak muscle sites (primary abdominal).

### 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 an option for adults with hernias that are reducible and not uncomfortable.

### 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 not having an operation

The size of your hernia and the pain it causes can increase. If your intestine becomes trapped in the hernia pouch, you will have sudden pain and vomiting and require an immediate operation.

### Possible Risks of the operation

Return of the hernia, infection, injury to the bladder, blood vessels, or intestines, and continued pain at the hernia site.

### Expectations of the operation

You may go home within 24 hours for small hernia procedures but may need to stay in the hospital longer for more complex repairs. The average is 2 days for laparoscopic procedures and 4 days for open procedures.

### Call the surgeon

If you have severe pain, stomach cramping, chills with a high fever, odor or increased drainage from your incision, or no bowel movement for 3 days.

A handwritten signature in black ink, appearing to read 'Zaid'.

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**SPECIALIST GENERAL SURGEON**