

INGUINAL HERNIA Overview

What is an inguinal hernia?

- Occurs through a natural weak spot in the abdominal wall.
- A defect in the strength layer allows fat or organs from inside the abdomen to poke through beneath the skin.

What sort of symptoms can I have from an inguinal hernia?

- Groin pain
- Fullness or noticeable bulge
- Burning sensation
- Nausea and vomiting

How are hernias diagnosed?

- Most of the time, hernias can be appreciated on physical examination.
- Hernias can also be evaluated by ultrasound or CT scan.

I have a hernia. Should I have my hernia fixed?

- Hernias should be fixed if:
 - You are having pain that is limiting your lifestyle or physical activity.
 - Your hernia is enlarging.
 - In the event that the hernia gets stuck, becomes painful, or the overlying skin begins to change color, you may need an urgent operation.

(2) PROCEDURE OPTIONS for Hernia Repair + Instructions

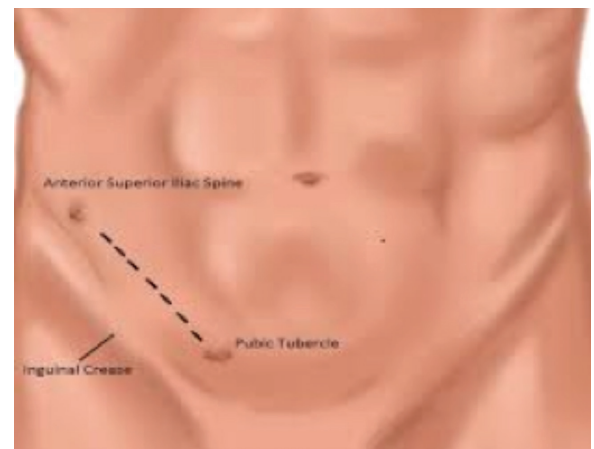
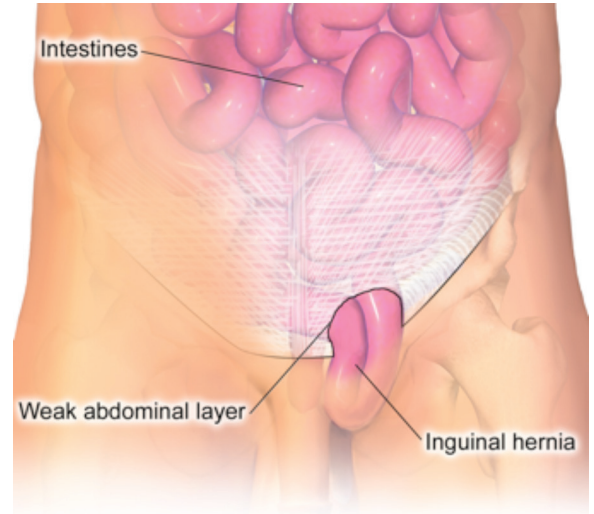
Open Inguinal Hernia Repair with Mesh, or
Robotic or Laparoscopic Inguinal Hernia Repair with Mesh

Open Inguinal Hernia Repair Procedure with Mesh Overview

- Performed via an incision in the groin overlying the hernia.
- Hernia contents are reduced back into the abdomen, and a piece of mesh is placed to prevent the hernia from coming back.
- Mesh anchored in place with sutures.
- Incision closed with absorbable sutures, and incision covered with waterproof glue.

Benefits of an open inguinal hernia repair with mesh:

- Good for patients with previous abdominal surgery
- Good for patients with a previous minimally invasive repair
- Possibly can be repaired with less than general anesthesia
- Durable repair with low risk of recurrence



Risks of open inguinal hernia repair with mesh

- Bleeding
- Mesh infection
- Damage to spermatic cord structures in males (vas deferens)
- Ischemic orchitis (damage to blood supply to testicle)
- Chronic groin pain (8-16%)

POST-OPERATIVE INSTRUCTIONS [Open Inguinal Hernia Repair]

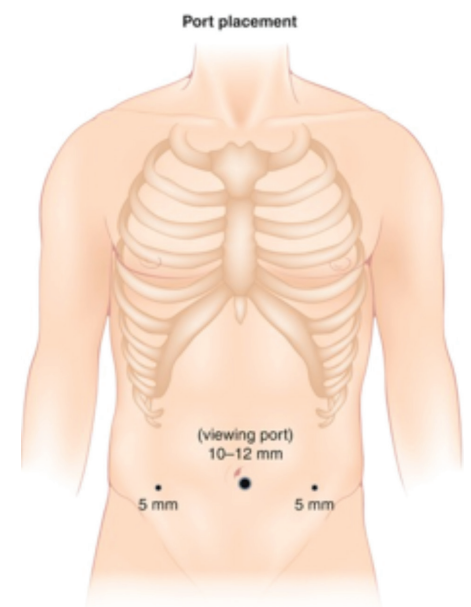
- Procedure is a same day surgery, and can take 30-60 minutes.
- You must have a driver to bring you to and from the hospital or surgery center.
- A prescription for pain medication will be sent to your pharmacy electronically.
- In addition to the pain medication you will be given, you can also take 600mg of ibuprofen every 6 hours.
 - This can be alternated with the pain medication so that you are taking something for pain every three hours.
- You can shower normally the day after the operation.
- Do not submerge the incision in water (bathtub, pool, jacuzzi, ocean) until the glue from surgery falls off.
- Apply ice to your incision for 20 minutes at a time as needed to reduce swelling.
- Your follow up appointment should be made for 2 weeks following surgery.
- **ACTIVITIES:** You may be asked to limit lifting and other activities for a while after surgery. Be sure to discuss this with your surgeon.
 - Typically, if you lift something and it hurts, then don't do it.
- If you can return to work on light duty (with lifting restriction), you may do so after 1-2 weeks.
- Walking and going up and down stairs is encouraged during the first 1-2 weeks.
- At 2 weeks, you may resume light weights (total less than 15lbs) and aerobic exercise (bicycle, treadmill).
- At 4 weeks, you may re-introduce activities to slowly resume normal physical activity.
- Please call the office if you are experiencing any of the following:
 - Fever > 101F
 - Bleeding
 - Excessive bruising
 - Drainage from the incision
 - Popping sensation and new groin bulge
 - Pain not controlled with medication
 - Significant testicular pain

Robotic or Laparoscopic Inguinal Hernia Repair with Mesh Overview

- Performed via three abdominal incisions, and hernia is repaired from inside the abdomen.
- Hernia contents pulled back inside the abdomen.
- Mesh is placed between layers of the abdominal wall outside the abdomen, so no mesh is in contact with the intestine or other abdominal organs.
- Mesh has a built in anchoring system, so it does not need to be sutured in place.

Benefits of a Robotic or Laparoscopic Inguinal Hernia Repair:

- Complete visualization of the hernia defect, and coverage of all possible hernia defects.
- Typically less post-operative pain compared to an open approach.
- Typically faster return to normal activity compared to an open approach.



Risks of minimally invasive repair

- May be difficult in some patients with previous abdominal surgery or prostate surgery, or patients who have had pelvic radiation.
- Always requires general anesthesia.
- Risk of injury to intra-abdominal organs is possible.
- Damage to spermatic cord structures or blood vessels.
- Mesh infection
- Bleeding
- Chronic groin pain (8-16%)

POST-OPERATIVE INSTRUCTIONS [Robotic or Laparoscopic Inguinal Hernia Repair]

- Procedure is a same day surgery, and can take 30-90 minutes.
- You must have a driver to bring you to and from the hospital or surgery center.
- A prescription for pain medication will be sent to your pharmacy electronically.
- In addition to the pain medication you will be given, you can also take 600mg of ibuprofen every 6 hours.
 - This can be alternated with the pain medication so that you are taking something for pain every three hours.
- You can shower normally the day after the operation.
- Do not submerge the incisions in water (bathtub, pool, jacuzzi, ocean) until the glue from surgery falls off.
- Apply ice to your incision for 20 minutes at a time as needed to reduce swelling.
- Your follow up appointment should be made for 2 weeks following surgery.
- DO NOT LIFT more than 15lbs for at least 2 weeks after surgery.
 - Typically, if you have to use two hands to pick something up, it is too heavy to lift in this time period.
- If you can return to work on light duty (with lifting restriction), you may do so after about 1 week.
- Walking and going up and down stairs is encouraged during the first 1-2 weeks.
- After one week, light aerobic exercise can be resumed (bicycle, treadmill).
- In 2 weeks, you may re-introduce activities to slowly resume normal physical activity.
- Please call the office if you are experiencing any of the following:
 - Fever > 101F
 - Bleeding
 - Excessive bruising
 - Drainage from the incision
 - Popping sensation and new groin bulge
 - Pain not controlled with medication
 - Significant testicular pain
 - Abdominal pain
 - Nausea and vomiting not responsive to medications

If you have any questions at all, please call our office at **(615) 292-7708**. Someone will answer the phone 24 hours a day, 7 days a week.

