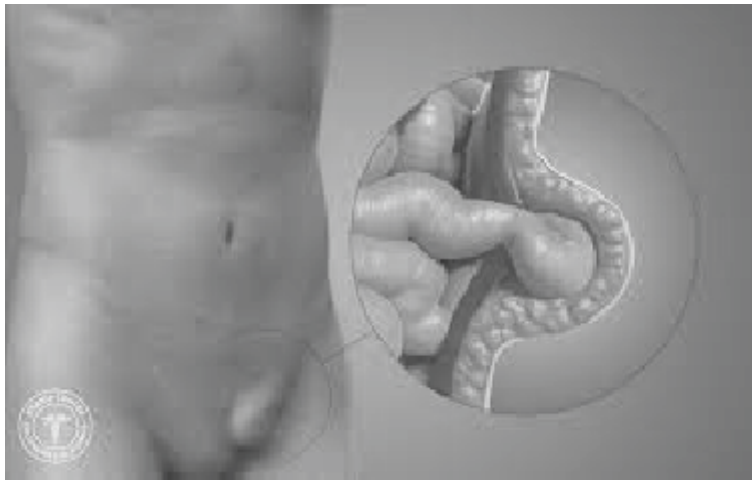




DEPARTMENT OF SURGERY INGUINAL HERNIA REPAIR

WHAT IS INGUINAL HERNIA ?

Inguinal hernia is the bulging out of the contents of the abdominal cavity through the inguinal canal. (The inguinal canal is a passage in the abdominal wall). An inguinal hernia may be caused by weakness in the muscles of the groin.



CAUSES OF INGUINAL HERNIA

- It can be present at birth due to presence of a persistent congenital hernial sac. This may present during childhood or even in adult life.
- During old age (direct hernia) due to weakness of abdominal wall muscles.

PRECIPITATING FACTORS

- Repetitive straining during a bowel movement.
- Straining to urinate, as often happens with prostate problems.
- A chronic cough from lung disease or from smoking.
- Obesity. Losing weight may prevent a hernia from forming or growing in size.

TREATMENT

Surgical repair of your hernia is the treatment of choice. The use of a hernia belt (truss) is not recommended as it can never cure you of your hernia and in fact, has many disadvantages.

CAN SURGERY BE AVOIDED ?

NO. Hernia is a mechanical defect. Initially, it is possible that the bulge disappears on its own when you lie down. Or, you may be able to manually push the contents of the hernial sac back into the abdomen. However, over a period of time, this hernia could become bigger and lead to

complications like danger of the loops of intestine getting trapped tightly inside the hernial sac killing their own blood supply and causing strangulation and gangrene. A strangulated hernia can be identified by the deep red or purple colour of the bulging tissue. Pain, nausea, vomiting, diarrhoea and abdominal swelling may also be present.

It is always better to go ahead with a planned surgery on a mutually convenient day for you and your surgeon rather than risking the development of complications after which an emergency and complicated surgical procedure may need to be performed.

SURGERY IS VERY SIMPLE !

- The incision is very small.
- All the patients; above the age of 14 years; undergo prolene mesh repair and the risk of recurrence is less than 1%.
- Bilateral (both sides) hernia is operated at the same instance without any additional risk.
- The risk involved in this surgery is minimal.
- There is very little pain and discomfort due to this surgery.

INSTRUCTIONS AFTER SURGERY.

- Hospitalization is generally for 2 days.
- You can have a bath and walk about after 2 days.
- Recovery and stitches removal after 7 days.
- Avoid getting constipated and straining at stools. Eat a high-fibre diet, drink plenty of water and use laxatives under your doctor's guidance for softening of stools.

RECOVERY AND ACTIVITY SCHEDULE

TIME FRAME	RECOVERY	ACTIVE SCHEDULE
Upto 7 days	Convalescence	Slow and steady
7 days to 3 months	75%	Routine activities including driving, slow climbing, traveling,
3 months to 1 year	75% to 99%	Non-strenuous activities like jogging, swimming and yoga
After 1 year	100%	No restrictions

FOLLOW UP

This surgery does not require a follow up but for scientific documentation and getting back to exercise schedule you should see the doctor after 3 months and then on a yearly basis.