



Inguinal Hernia

A hernia is a hole in the tissue layers of the abdominal wall. The abdominal wall is made up of skin, soft tissue or fat, and muscle. When there is a hole in the muscle, it allows for the contents of the abdomen to poosh out through the hole. This leads to a visible bulge that can be seen in the groin. Typically, the intra-abdominal fat or omentum is found in the contents of a hernia sac. When the hernia grows larger, the small bowel or colon may become trapped, leading to pain or an obstruction.

Treatment for hernias is recommended when they are symptomatic or large in size. Treatment is surgery to repair the hole. There is no medication or activity that will make hernias go away.

Surgery is performed laparoscopically via three small incisions using a camera and small instruments. The contents of the hernia and the hernia sac are reduced back into the abdominal cavity and put in their correct position. The hole in the tissue is repaired with a piece of mesh or plastic. Your body will incorporate and scar the mesh into place. It is almost always permanent.

Recovery from hernia surgery is typically very rapid. Most patients are 80% recovered within 2 weeks. It may take 4-8 weeks for you to return to normal- pain and soreness to completely resolve, appetite to return to normal, and to feel energetic. Patients typically stay off of work 3-10 days.

You will return to a normal life after you have recovered from surgery. You will return to eating a normal diet and engaging in your usual activities. Patients are encouraged to avoid strenuous activities for about 2 weeks after surgery until their post-operative appointments to prevent a recurrence of the hernia.