

Symptoms

1. Bulge in the groin, genitals, or abdomen
2. Discomfort or pain with physical activity

Treatment

1. Observation
2. Truss
3. Surgical repair-usually with mesh
*Open vs. Laparoscopic

Reasons for Repair

1. Incarceration
2. Strangulation
3. Discomfort
4. "Presence"

Anesthesia

1. Local & sedation
2. General
3. Spinal
4. Epidural

How Hernias Form

The Wall Weakens or Tears

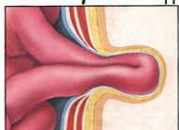
Peritoneum
Intestine
Abdominal Wall
Skin



The Intestine Pushes into the Sac



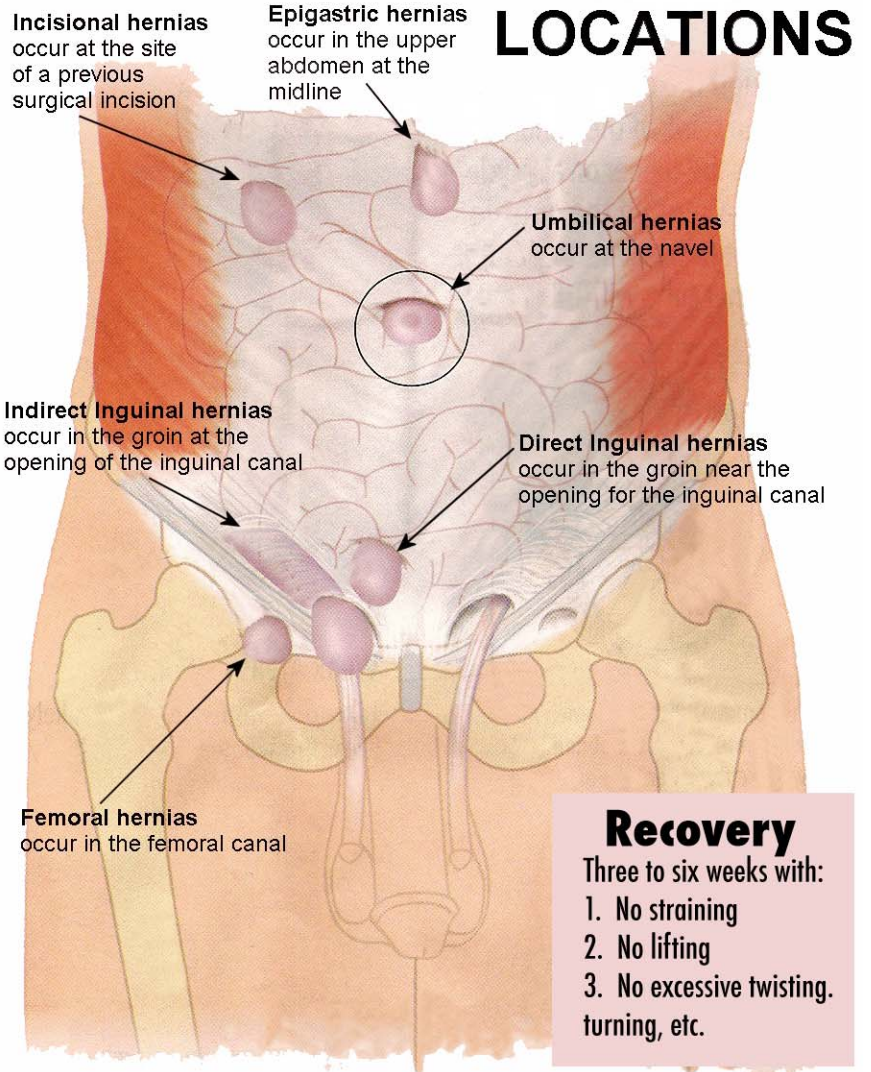
The Intestine May Become Trapped



The Intestine May Become Strangulated



Hernia



Recovery

- Three to six weeks with:
1. No straining
 2. No lifting
 3. No excessive twisting, turning, etc.

Complications & Risks

General

1. Blood clots (DVT/PE)
2. Pneumonia
3. Heart attack
4. Stroke
5. Bleeding
6. Infection

Specific Inguinal

1. Recurrence of hernia
2. Mesh complications
3. Bowel or bladder injury
4. Urinary retention
5. Chronic numbness or pain in groin or leg
6. Damage to testicles or testicular function

Specific Ventral/Umbilical

1. Recurrence of hernia
2. Mesh complications
3. Bowel or bladder injury
4. Seroma