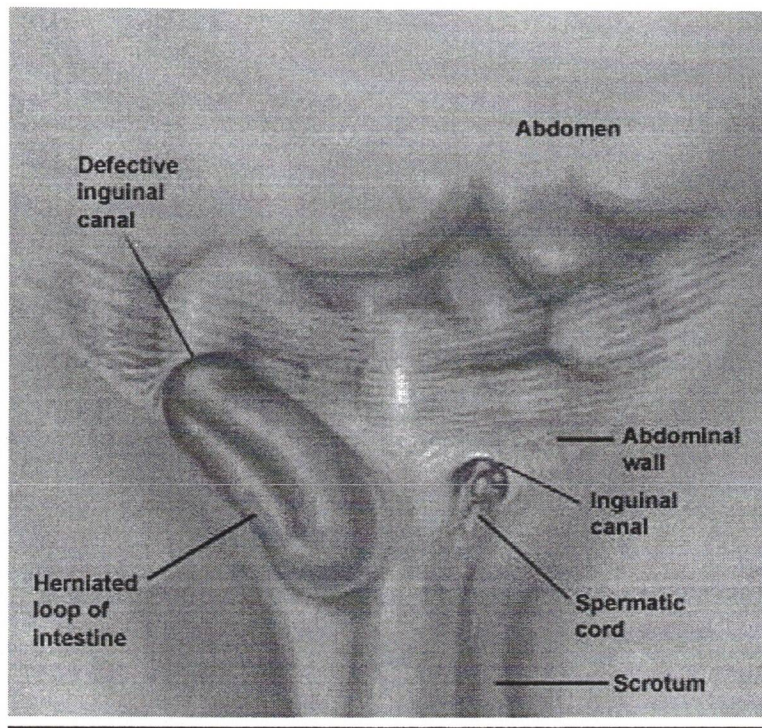
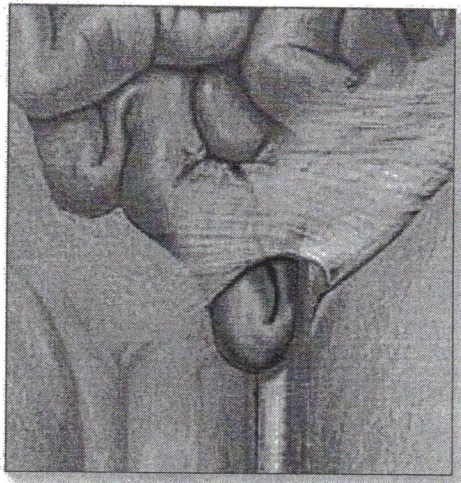


# INGUINAL HERNIA

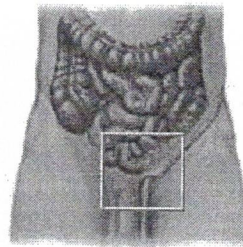


## WHAT IS AN INGUINAL HERNIA

A hernia occurs when a section of intestine protrudes through a weakness in the abdominal wall. A soft bulge is seen underneath the skin where the hernia has occurred. An inguinal hernia occurs in the groin area, when the section of intestine pushes through a weak spot in the inguinal canal- the area near the groin.



Intestine passes into the scrotum or groin



ADAM

## SYMPTOMS OF INGUINAL HERNIAS

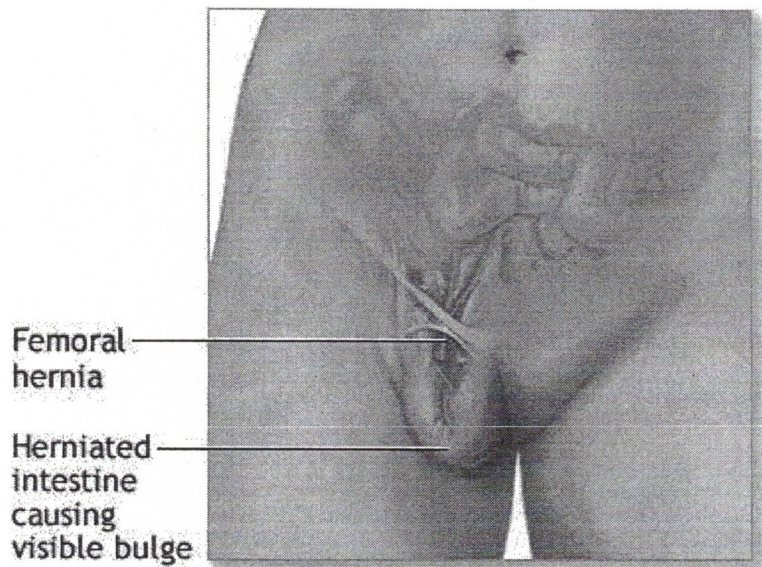
The following are the most common symptoms of an inguinal hernia. Symptoms may include:

- Lump in the groin near the thigh
- Pressure or pain in the groin
- Partial or complete blockage of the intestine (in severe pain)
- Pain occurring in the groin while standing or walking around
- Discomfort in the abdomen
- Burning sensation in the groin



## HERNIA CLASSIFICATIONS

- **REDUCTIBLE HERNIA:** In this type of inguinal hernia, the portion of intestine gets into the defect in the abdominal wall, which can be replaced back into its original position manually.
- **INCARCERATED HERNIA:** In some cases, the projection cannot be positioned back into. These types of cases are classified as incarcerated hernia.
- **STRANGULATED HERNIA:** This is a serious problem. Here, the penetration gets twisted with the adjoining parts and sometimes leads to obstructing of the general blood flow to the intestines. This requires immediate attention and surgery to avoid problems.



ADAM

## CAUSES OF HERNIAS

Hernias can sometimes come into sight after a surgery, or congenital (born with them), or acquired excessive exercising, constant coughing, straining while urinating or even by increase in body weight (obesity).

## SURGERY

Surgery treats a hernia by repairing the weakness in the abdominal wall. This procedure is known as herniorrhaphy. During this procedure, the opening in the muscle wall is repaired and at times reinforced with mesh. Surgery is either performed laparoscopic or open.

- **Laparoscopic Repair** – This type of procedure is done with tiny incisions made – the laparoscope and instruments will be inserted through these incisions. The laparoscope is a tiny “telescope” attached to a camera that allows your surgeon to see what is going on inside of you. Since laparoscopic surgery doesn’t require a large incision, it is sometimes less painful than open surgery and results in a faster recovery time. There are other aspects of this approach that your surgeon will discuss with you.
- **Open Repair** – A small incision is made in the groin area, and mesh is placed.

## RECOVERY

For the first few days following surgery, it’s common for the area to be swollen, discolored, and sore. To help reduce swelling, you can use ice on the area, 15-20 minutes at a time. Also, if you are a male, it is best to wear supportive underwear, such as briefs to help reduce discomfort.