

# Abdominal HERNIA REPAIR BASICS

Finding the Best Solution for Your Hernia



The **Hernia**  
CLINIC

Promoting the Scientific  
Basis of Human Biology  
in Hernia Surgery

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## Health Education Forum

*This informational is meant to educate you better about your hernia condition and enable you to actively participate in your hernia care.*



## 9 Ways You Can Make A Stronger India!

- Sleep on Time!
- Exercise Daily!
- Eat Healthy!
- Stop Smoking!
- Maintain Ideal Body Weight!
- Get an Annual Health Check!
- Get Early Medical Attention for Ailments!
- Vote for better Education & Healthcare!
- Get Medical Insurance!

*- A Healthy You, A Healthy India!*

## What is a Hernia?

A hernia is an area of weakness in the abdominal wall allowing inner tissues or organs to bulge out. While any part of the abdominal wall could develop a hernia, the commonest sites for hernia are the groin, navel and previous surgical incisions.

## How does a Hernia Present Initially?

A hernia commonly presents as a visible swelling especially on coughing or straining.

## What are the Warning Symptoms / Signs for Hernias?

Sharp abdominal pain, inability to pass wind / move bowels and vomiting!  
Irreducible hernia swelling with local pain that will not go away!

## How is Hernia Diagnosed?

This is a medical impression made after complete clinical examination or with modern imaging techniques such as ultrasonography and CT / MRI Scan.



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Dr. (Prof.) Suviraj John has a wide clinical experience in hernia surgery for over 20 years. He has co-authored the first textbook on laparoscopic hernia surgery in India in 2001 and has published in international and national surgical journals as well. He currently teaches advanced hernia surgery to surgeons in India and abroad through various teaching programs.

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## How can a Hernia be Cured?

Hernias can only be repaired by surgery. Eligibility for surgery is dependant on medical and surgical evaluation. Surgery can be done by open, laparoscopic or robotic methods.

## Which is the Best Surgery for Hernia Repair?

This is a decision made after complete clinical evaluation, benefit-risk assessment and findings during the operation. While laparoscopic and robotic surgery carry the benefits of smaller abdominal wounds and lesser wound related problems, they carry their unique clinical profile and require medical clearance for general anaesthesia. You should discuss your expectations for the hernia surgery beforehand so that the surgical team can articulate contextual realities in a meaningful way.

## Can a Hernia be left Untreated?

A hernia can be kept under watchful observation if an inguinal hernia has no symptoms. However, this must be weighed against the less common but real risk of bowel incarceration and strangulation. This risk is much higher for femoral hernias and thus they must be repaired at the earliest. Hernia trusses or belts can provide some symptomatic relief but do not cure hernias and carry the risk of local nerve injury and hernia incarceration.

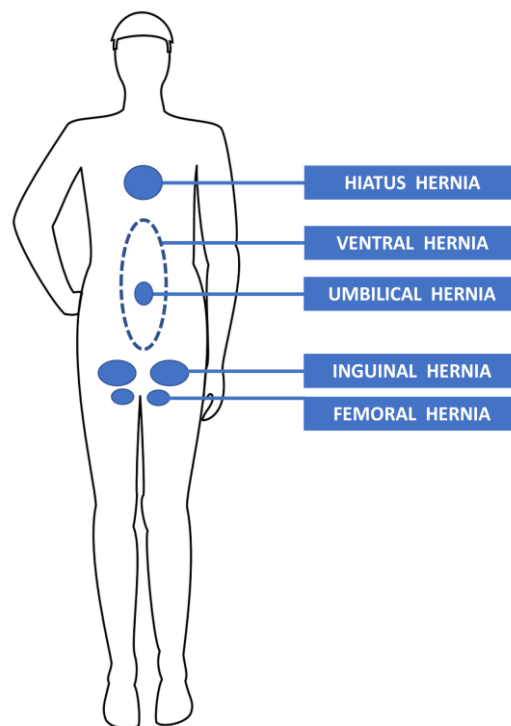
## What are Common Causes of Hernias?

Old Age  
Pregnancy  
Obesity  
Smoking  
Chronic Straining  
Connective Tissue Disorders  
Previous Abdominal Operation

**EMERGENCY**



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## 5 Steps to Treat Hernias SUCCESSFULLY

### Step 1:

Have a Qualified Physician Confirm the Diagnosis

### Step 2:

Get a Complete Surgical Assessment

### Step 3:

Discuss with your Surgeon the Surgical Options Available and Choose the Best Option for You

### Step 4:

Follow All Pre-Operative Surgical Advice

### Step 5:

Follow Post-Operative Advice & A Healthy Lifestyle



Dr. John's  
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LAPAROSCOPIC | ROBOTIC | ENDOSURGERY



### DISCLAIMER:

The information provided here is for educational and informational purposes only, and is not intended as medical advice. This information should not be used for diagnosing or treating a medical or health condition. You should always consult a qualified physician for the diagnosis or treatment of any medical or health condition.