

# Inguinal Hernia Repair

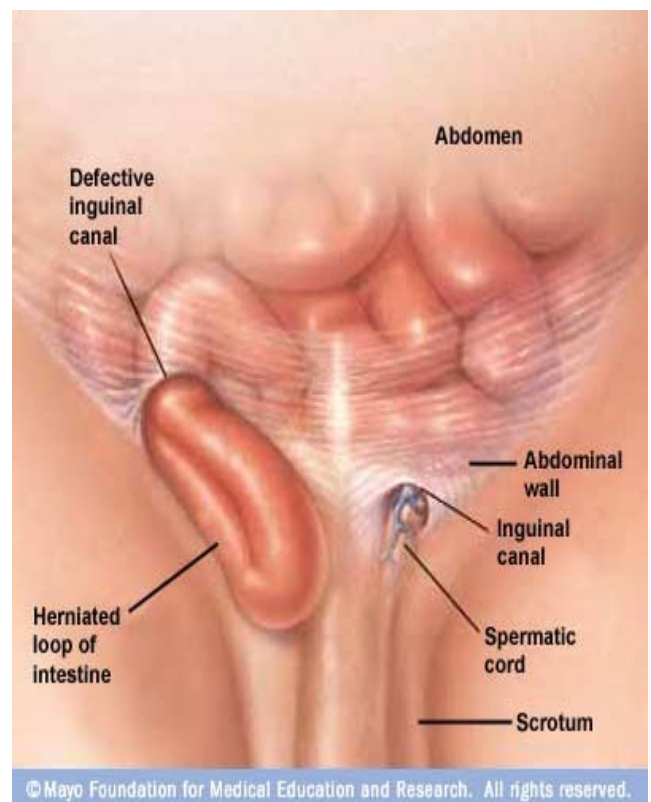
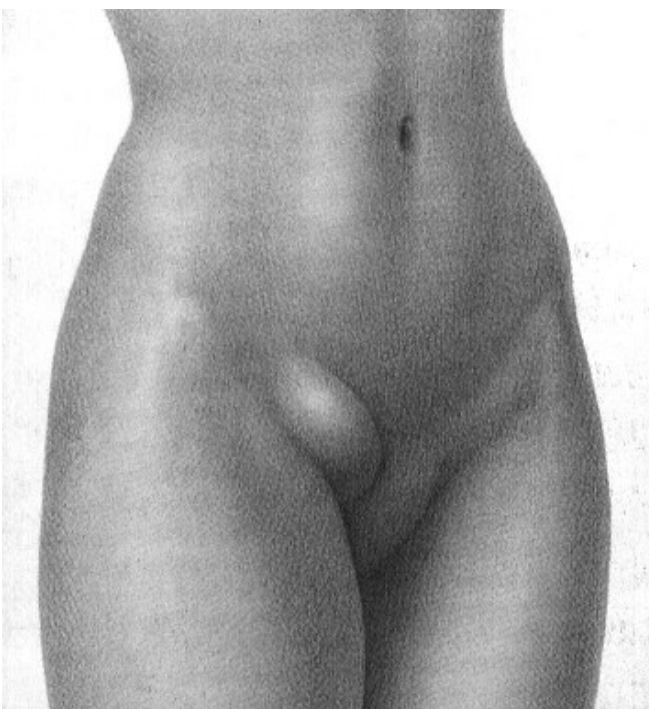
## The Hernia Process

### Description

- A hernia is a muscle defect which allows fat and sometimes bowel to pass through
- Hernias feel like a lump which comes and goes, usually when you cough
- The groin, or “inguinal region” is a common place for hernias to occur as there is a natural muscle weakness in this area
- In men, large groin hernias are directed into the scrotum. In women they are directed to the labial region

### The problem

- Hernias usually occur naturally over time but more often with frequent heavy straining such as manual labour
- Hernias don't go away with time and will get bigger
- If the bowel or fat gets stuck in the hernia this is a surgical emergency. In the worse case scenario bowel can strangulate and die in the stuck hernia



# Inguinal Hernia Repair

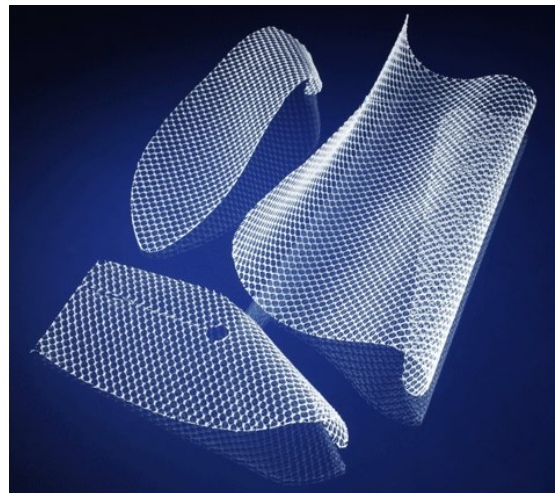
## The Operation

### Rationale for repair

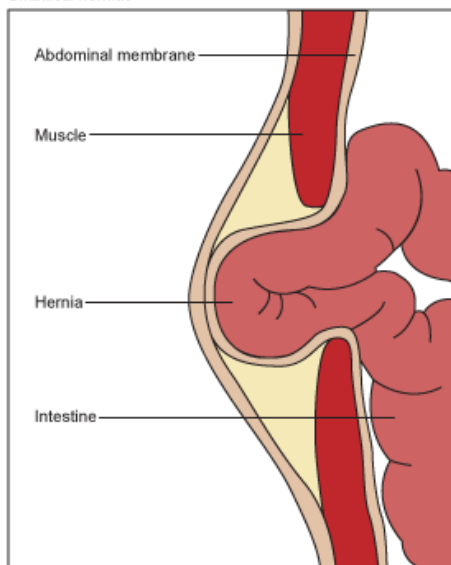
- Hernias will only get bigger with time
- They may get stuck or become strangulated at any time which is a surgical emergency
- They are uncomfortable and often limit usual or work-related activity and sport

### Repair of Inguinal Hernia

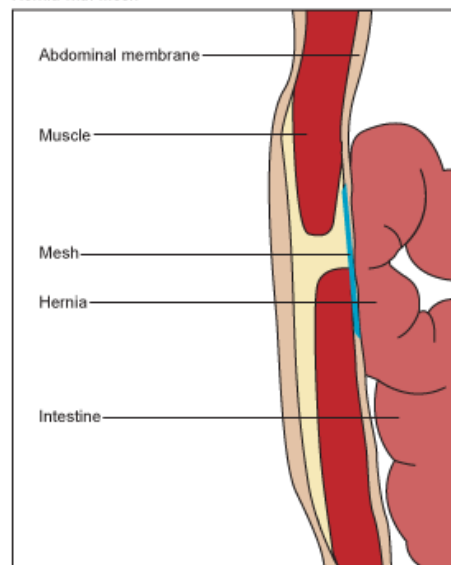
- Inguinal hernia repair is usually a 45 minute operation with an overnight stay in hospital
- It can be done with a standard cut or with “keyhole” or minimally invasive surgery
- A sheet of lightweight mesh is used to reinforce any repair to prevent recurrence of the hernia



Umbilical hernias



Hernia with Mesh

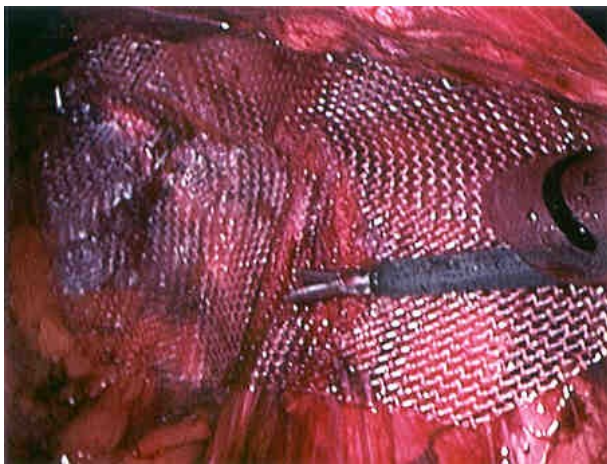


# Inguinal Hernia Repair

## Keyhole vs Standard Repair

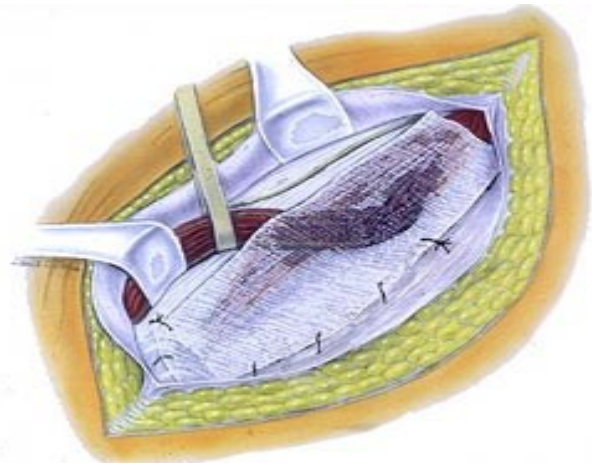
### Standard (open) Repair

- 10cm cut in the groin region
- Mesh sewn in beyond muscle defect
- Nerves pushed aside or divided
- Another cut bilateral repairs



### Keyhole Repair

- Three very small cuts
- Space made behind the defect
- Mesh placed behind the defect
- Nerves not in operating field
- No further cuts to fix opposite side



### Keyhole Repair—Pros

- Quicker return to work & less perioperative pain
- Less chronic nerve pain & parasthesiae
- Day procedure possible
- Provides large coverage in a mechanically sound way
- Excellent for **recurrent** hernias
- Simple matter to repair two sides at once with no further cuts

### Keyhole Repair—Cons

- Slight risk of damage to major blood vessels or bowel. Less with experienced surgeon
- Requires general anaesthetic in all cases
- Conflicting data about hernia recurrence rates
- May make future prostate surgery more difficult

# Laparoscopic Inguinal Hernia Repair

## Complications

Complication	Incidence
Around the time of the operation...	
Visceral or Major Vessel Injury	<1% (?)
Wound Infection	1%
Wound Haematoma	10%
Wound Seroma	5%
Mesh Infection	<1%
Major Medical Complication	1%
Urinary Retention	5%
Conversion to Open	1%
Longer Term...	
Chronic Pain/Discomfort/Parasthesiae	10%
Hernia Recurrence	1-5%
Testicular Shrinkage	??
Lower Limb Neuralgia	1-2%
Scrotal Discomfort	2-3%