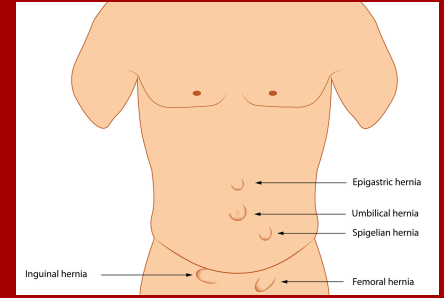




ROCHESTER
GENERAL
SURGERY



What is a hernia?

A hernia is a gap or hole in the abdominal wall that allows intra-abdominal contents (bowel, fat or bladder) to protrude from the inside to the outside. Patient's may have no pain, mild pain, aching or pressure at the site of the hernia that may worsen with straining. A hernia is almost always associated with a bulge in the area.

How is an inguinal hernia repaired?

There are two ways a hernia can be repaired: open surgery or minimally invasive surgery, usually robotic. With an open inguinal hernia repair you will have an incision about 3 inches long in the groin. With a robotic repair you will have three 8mm incisions across your upper abdomen.

Why choose one over the other?

The robotic repair is beneficial in patients who have previously undergone an open repair or who have a hernia on both sides, although robotic repair is chosen as first line repair in a number of patients. In patients who have undergone previous abdominal or pelvic surgery and may have adhesions or altered anatomy your surgeon may chose an open repair.

What can I expect after surgery?

You can expect some pain and discomfort. You will be sent home with pain medication. Every person has a different tolerance for pain and your exact pain medication regimen should be discussed with your surgeon.

What can I do for activity?

You will be on light activity and minimal lifting for the first two weeks. Each person and surgery are different so activity restrictions beyond two weeks may differ from person to person.

How do I know if something is wrong?

Swelling and bruising is normal. As stated above, pain is also expected. If you have ongoing bleeding, redness, fever, drainage or significant pain not relieved by pain medication please call your surgeon.