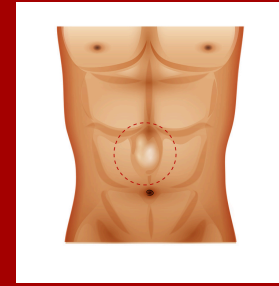




**ROCHESTER
GENERAL
SURGERY**



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 a hernia repaired?

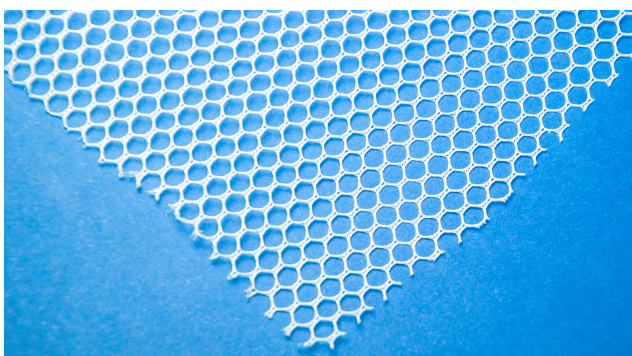
There are two ways a hernia can be repaired: open surgery or minimally invasive surgery, usually robotic. The type of repair is based on multiple factors including size of hernia, involvement of diastasis recti, size of the patient and types of previous surgery or previous hernia repairs. Surgery can many times be performed as an outpatient, however if it is larger hernia you may require a short stay in the hospital.

What is a component separation or abdominal wall reconstruction?

Large abdominal wall hernias may not come together easily and require something called a component separation. There are multiple layers of your oblique abdominal wall muscles, and in order for the hernia to be repaired a layer of muscle may be strategically separated. Sometimes this can be accomplished robotically, but more likely will require an open operation.

Will a mesh be used?

Yes. For repair of ventral or incisional hernias a mesh is almost always used to strengthen the abdominal wall in and around the hernia.



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.