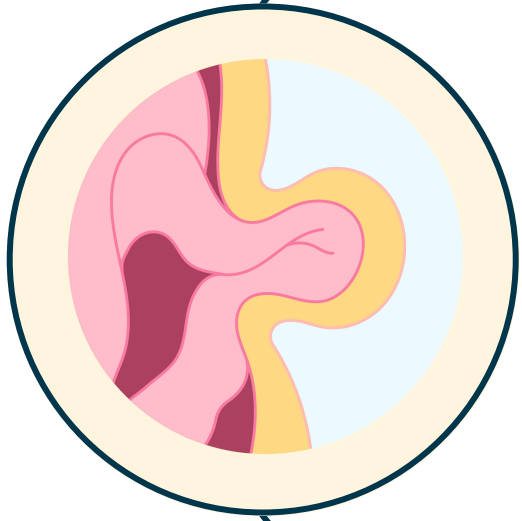




# Tips For Hernia Surgery

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## 1. What is a hernia?

A hernia is the protrusion of the intestine through a weak spot in the abdominal wall. **Inguinal hernias**, occur in the inner groin area, and are more common in men. **Umbilical hernias**, occur near the bellybutton, and are more common in newborns; these usually close on their own by age 4.

## 2. What are the options for surgery?

There are two primary options: **open** (single incision) and **laparoscopic** (minimally invasive). After repairing the hernia, the surgeon may use **stitches** or a **mesh** to strengthen the weak area of the abdominal wall.



## 3. What are the alternatives to surgery?

- **Watchful waiting** when a hernia is causing minimal or no symptoms, however a larger hernia is more difficult to repair.
- **70% of men with an inguinal hernia** who delay surgery will develop new or worsening symptoms and will need surgery within five years.

## 4. How soon can I resume normal activities after surgery?

Hernia surgery is usually an **outpatient procedure** (you may go home the same day). Be sure to follow your surgeon's specific instructions on when to resume normal activities. You may expect not to drive for 1 week or lift heavy weights for 6 weeks.



### Source

<https://www.asahq.org/madeforthisoment/preparing-for-surgery/procedures/hernia-surgery/#:~:text=The%20surgeon%20makes%20a%20cut,wall%20where%20the%20hernia%20occurred.>

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