

Inguinal Hernia Repair in Adults

As you get ready for inguinal hernia repair, you may be feeling anxious. Your care team understands. Knowing more about this surgery may help you feel better.

An inguinal hernia is a weak spot in the wall of your abdominal muscles. It allows a part of the intestine to bulge out near your groin. It may cause pain and other symptoms.

Often, surgery is needed to repair the hernia.

For this surgery, you are first given medicine, so you relax and don't feel pain. You may be put to sleep.

Your surgeon may then make 1 large cut in your belly near the hernia. This approach is called open surgery.

Or, your surgeon may do laparoscopic surgery. They then make a few small cuts in your belly.

A thin tube with a camera, called a laparoscope, is put into one of these cuts. It sends images to a video screen, letting your surgeon see inside your belly.

Your surgeon puts tools into the other cuts to do the repair.

Both open and laparoscopic approaches let your surgeon see the hernia. They are then able to gently pull the bulging part of the intestine back into place.

Your surgeon then fixes the hernia with stitches. They may also put a piece of mesh over the weak spot. This mesh helps strengthen the area as it heals.

Your surgeon then removes all tools. And they close the cuts in your belly.

After the surgery, you may need to limit your activity for a while. Talk with your care team about everything you can do to heal safely. They are here to answer your questions.