
HERNIA SURGERY

Dr Nidhi Khandelwal



What is a Hernia?

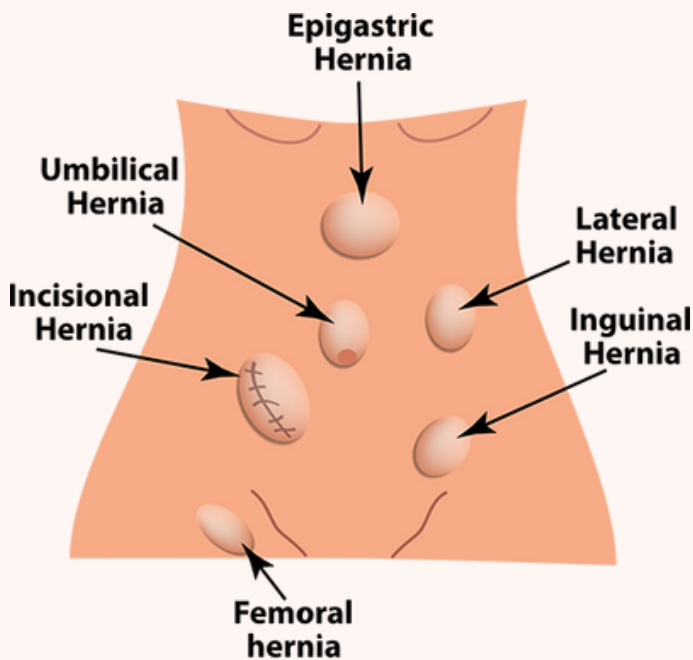
A hernia is an abnormal protrusion of abdominal contents through a defect in the abdominal muscle wall. This means that the intestines which are normally located within the abdominal cavity tend to protrude out through any muscular defects in the abdominal wall. In simple words, a hernia is a 'hole' in the abdominal wall.

Is a Hernia any reason to worry?

Usually, no. Most Hernias can be easily repaired surgically in a planned manner.

However, if ignored for a long period of time, a Hernia may present as an emergency. At that point, it becomes a reason to worry.

What are the different sites of Hernia?



A Hernia can occur at many different sites on the abdomen, most common of which are:

1. Groin (more common in males)
2. Umbilicus, i.e. belly button (more common in females)
3. Over a previous surgical scar on the abdomen (Incisional hernia)
4. Anywhere along the midline of the abdomen
5. On the sides of the abdomen

What are the symptoms of Hernia?

A Hernia can usually present as a **swelling** on the abdominal wall that increases on standing or coughing, and reduces on lying down.

If the hernia continues to progress, the swelling may become prominent at all times, and the defect continues to grow in size.

On occasion, this swelling is associated with **pain**.

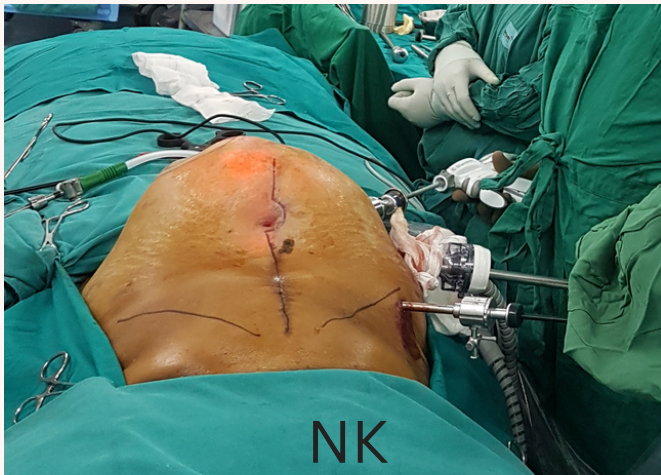
In an **emergency** situation, there may be obstruction of the intestines within the hernial sac. This is associated with pain, vomiting and constipation, and requires urgent hospitalization and surgery.

What are the causes of Hernia?

A hernia is caused because of **weakness** or **poor tone of abdominal wall muscles**.

There may be multiple underlying reasons for muscle weakness, including chronic cough or asthma, constipation, straining excessively during urination, obesity, lifting heavy weights, smoking, and many more.

How do you treat a Hernia?



A hernia has to be treated by **surgery**.

There are no medications available which can help with a hernia.

How is a Hernia surgery performed?

The surgery can be performed with **laparoscopy**, **robot-assisted**, or by the conventional **open** method. Minimally invasive techniques involve making 3-4 small cuts on the abdomen, and the open method involves making 1 large cut on top of the hernia swelling.

In majority of the cases, a **synthetic mesh** has to be placed over the defect, so that it gains strength and prevents the formation of another hernia.

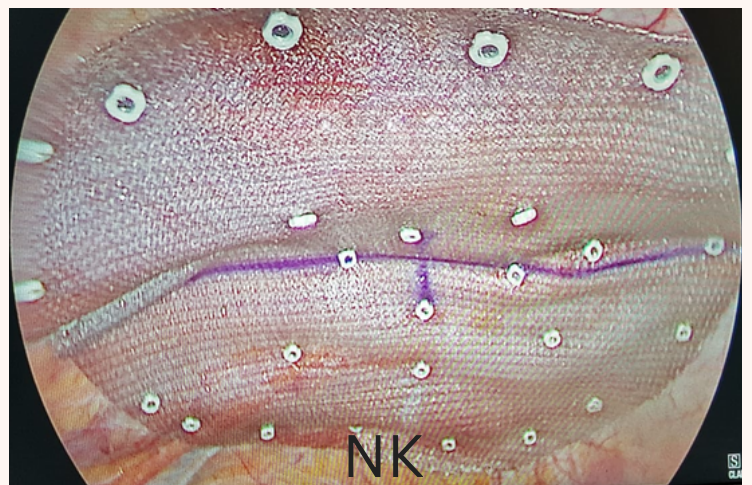
Patients recover quite quickly with any of these techniques, and can be discharged the day after the surgery.

Large abdominal wall incisional hernias can be treated very well with laparoscopy or robotic surgery as well, and show very rapid recovery and early discharge with minimal pain after the surgery.

Laparoscopic Surgery -
Inguinal Hernia



Laparoscopic Surgery -
Ventral Hernia Mesh



What is a mesh in Hernia surgery?

Hernia Surgery now involves placement of a **synthetic mesh** inside the body to cover the defect in the abdominal wall.

These meshes slowly become part of the body's normal tissues, and add strength to the abdominal wall.

This reduces the chances of a hernia forming again at the same site.

These meshes can be made of various materials, but the most commonly used ones are **Polypropylene** and **dual** meshes. The site of the hernia and the technique used to treat the hernia determine which mesh is to be placed.

These meshes are then **fixed** with stitches, tacks or glue so that the mesh stays in place during the healing process.

Is a mesh harmful?

All meshes are tested thoroughly during their manufacturing process, and they are completely safe and compatible with normal life.

Can a Hernia occur again after surgery?

It is very rare for a hernia to occur once again at the same site. This usually happens if the cause of the hernia has not been treated, if there is a muscular disorder, or if the patient does not exercise well post surgery.

What care do I need to take after surgery?

Post surgery, you need to make you do not lift any heavy weights, and there should be no strain on your abdomen for at least 1 month.

After a month or so, you need to start performing exercises which will strengthen your abdominal wall.

WHY CHOOSE US

DR NIDHI KHANDELWAL

Dr Nidhi Khandelwal is a GI and Bariatric surgeon trained in Minimally Invasive surgery. After completing her MBBS from Grant Medical College, Mumbai she pursued her specialty degree in General Surgery from Bombay Hospital. She passed her MS General Surgery as the university topper of her batch in 2014 (Gold medalist from MUHS). She has received extensive training in Gastro-intestinal and Hepato-Biliary-Pancreatic surgery at Bombay Hospital, P D Hinduja Hospital and Kokilaben Dhirubhai Ambani Hospital. She has been working in the field of Bariatric and Minimal Access Surgery since 9 years.



Spectrum of cases:

These include all kinds of Bariatric surgeries, Hernia surgeries, Bilio-Pancreatic surgeries (Laparoscopic + Robotic). She has published multiple peer-reviewed articles in international journals and is invited across the country and abroad to give talks in her fields of interest.

Clinic: Dr Nidhi Khandelwal's Clinic

A-609, Panchsheel Plaza, Gamdevi, Mumbai - 400007

Affiliations:

Lilavati Hospital; Saifee Hospital; Jaslok Hospital; Bhatia Hospital
Mumbai, India



+91-9819154755



www.drnidhikhandelwal.com



drnidhikk@gmail.com



[drnidhikk](https://www.instagram.com/drnidhikk)



[drnidhikk](https://www.facebook.com/drnidhikk)



Nidhi Khandelwal



Dr Nidhi Khandelwal