



Times Wellness.com

Mind. Body. Spirit. You

An abdominal crisis

Dr Avinash Katara

Hernias occur through an area of weakness in the abdominal wall. This weakness may be congenital (present from birth) or acquired (occurring in later life) due to excessive strain on the abdominal wall from heavy lifting, weight gain, persistent coughing, or difficulty with bowel movements or urination. Factors like chronic illness, obesity, smoking and previous surgical incision etc can predispose oneself to the development of a hernia.

How can a hernia be treated?

Your surgeon will determine the best method of repair for you and tailor-make the procedure to best suit your requirements.

Open Repair Surgery

This procedure may be performed under general or local anaesthesia. An incision or cut is made in the skin in the groin area, measuring about four to six cm in length. The layers of the abdominal wall are opened to expose the hernia. The hernia 'sac', containing the bulging intestine or other contents, is identified and pushed back into its proper position behind the muscle wall. The muscle wall is reinforced with stitches or synthetic mesh to complete the repair. The abdominal wall layers are then closed appropriately.

Most patients will be able to go home 6-48 hours after surgery. Typically, most patients

feel fine within a few days after the surgery and resume normal eating habits and activities. Strenuous activity and exercise are restricted for four to six weeks after surgery.

Laparoscopic Repair Surgery

Usually, this procedure is performed under general anaesthesia. Laparoscopic surgery uses a thin, telescope-like instrument (known as an endoscope) that is inserted through a small incision below the umbilicus (belly button). The abdomen is inflated with a harmless gas (carbon dioxide) to improve the view of the internal structures. The hernial defects are identified and all its contents reduced. A mesh patch is attached to secure the weak area and reinforce the affected area. The small abdominal incisions are closed with a stitch or two, or with surgical tape. Within a few months, the incision is barely visible.

Most patients will be able to go home 6-48 hours after surgery. Recovery is faster by this procedure than compared to open repair type of operation. Normal eating habits and activities can be resumed within a few days. Strenuous activity and exercise is not recommended restricted for two to three weeks after surgery.



To learn more about the hernia operation, log on to our Body section at www.timeswellness.com