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Surgery? Think faster recovery.

Hinduja Healthcare introduces

The Surgery
Clinic **Hernia**

Monday to Saturday
9:30 am to 5:30 pm



Understanding Hernia

Hernia is basically the abnormal protrusion or bulging of contents (organ or tissue) of the abdomen through a weakness in the abdominal wall musculature. Hernia is generally seen more in males than in females. Elderly males are the most affected as the abdominal wall musculature weakens due to age. Hernia is also the most common surgical problem encountered in surgical practice.

Types of Hernia

External hernia:

Hernias that are visible are external hernias.
For e.g. Inguinal hernia

Internal hernia:

Hernias in this category are not visible.
For e.g. Diaphragmatic hernia

Hernia can also be classified as:

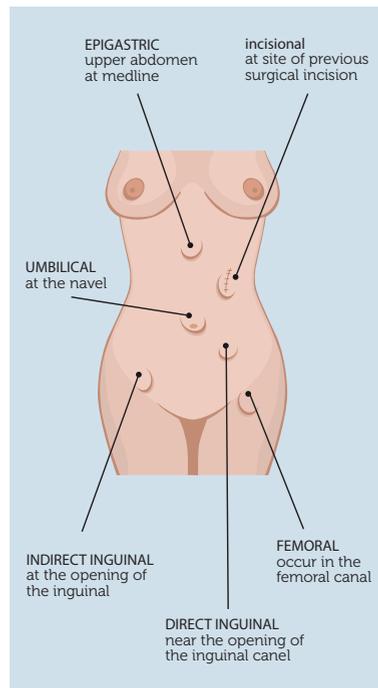
Congenital Hernia: Hernias which are present since birth. For e.g. Umbilical, Inguinal hernia

Acquired Hernia: Hernias which occur due to weakened abdominal wall musculature either because of faulty collagen fibres or surgery are known as Acquired hernia.

Incisional hernia: Hernias resulting at the site of previous surgery are called as Incisional hernia.

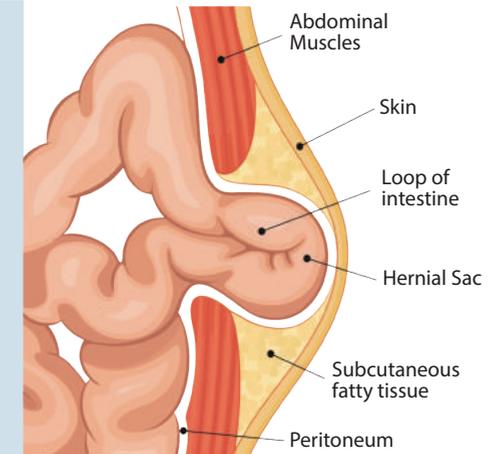
Inguinal hernia: The most commonly occurring hernias are Inguinal hernias also called as Groin hernias as it is seen in the groin region.

Obstructed hernia: This type of hernia is usually present in some patients who have a kind of swelling that increases when walking or coughing (Raised abdominal pressure). Under normal circumstances, the swelling is reduced i.e. it goes back into the abdomen. Sometimes swelling doesn't go back and it remains out and causes severe pain and vomiting. Such type of hernias is called Obstructed hernia.



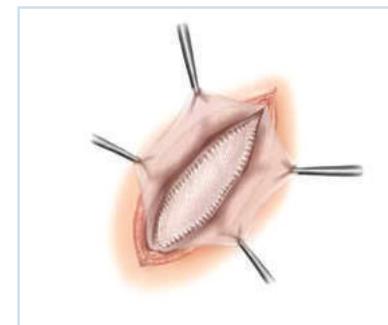
Complications if hernia is not attended

- Huge swelling – Cosmesis
- Obstruction
- Strangulation
- Incarceration

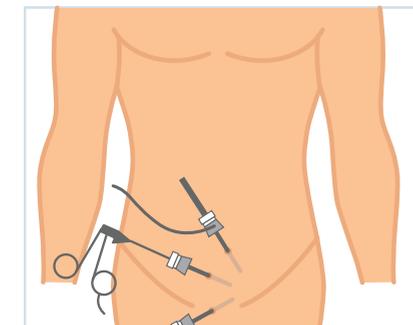


Treatment

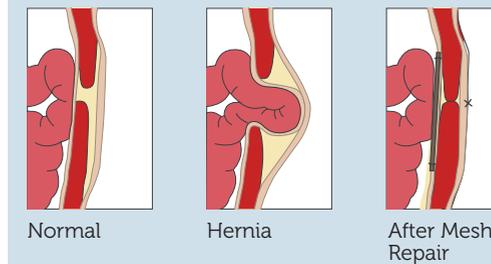
Once diagnosed, surgery is the only treatment for hernia and it could be offered by either **Open Surgery** or **Laparoscopic Surgery**.



Open method



Laparoscopy Method



Normal

Hernia

After Mesh Repair

Principle of Surgery

Reduce and push the contents back to its normal position. Close the defect through which it protrudes out. Place mesh (net) as reinforcement.

Duration of stay

Day care surgery, if uncomplicated