

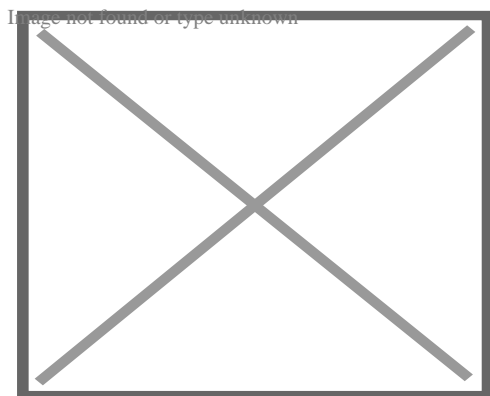
option for Inguinal hernia: Open or Laparoscopic Which is a better  
?yregrus

## Description

## Inguinal hernia: Basic understanding

**an Inguinal hernia ?ainreh What is an Inguinal?poleved Why does**

muscles, through which the contents of yourAn Inguinal hernia is a defect in the groin  
to a bulge. It is seen more commonly in malestummy comes out under your skin, leading  
the elderly. The blood vessels carrying blood toof all age groups, kids, young adults and  
from your testes passes through a hole in youryour testes and the tube carrying sperms  
natural hole is a site of potential weakness.groin muscles. This



Natural hole enlarges to form  
a large defect

creating a defect. Your intestines can comeBecause of various reasons, this hole enlarges

and rest below the skin. This creates a bulge out of your tummy through this defect when the pressure in your tummy increases, like initially, it is small and happens only passing motion or urine. It can cause pain and when you are coughing, lifting weight, other activities. Many a time it is painless discomfort on walking, running and

## How it progresses with time

becomes easier for the intestines to come out. With time this defect enlarges, and then it appears whenever one is standing or walking even without any force. Hence, the bulge does not get fixed by surgery, then it enlarges and goes back while sleeping. If you still out all the time. In such cases, the bulge goes even more and the intestines remain bag that contains the testes (usually, as it almost up to the bottom of your scrotum) the enlarges the pain and discomfort increase.

very large hernia where patients do not feel it is still not uncommon to see some to the acceptance of the discomfort and activity discomfort. Most of the time it is due is due to the subconscious tendency of restriction by the patient. This acceptance But we should understand that the surgery is delaying the surgery as much as possible. inferior when the hernia is very large. Hence, technically difficult and the results become expected to live more than a few years, there is except for a very old person who is not to fix it when it is small and get the best in delaying surgery. It is certainly better no point outcome.

## Our main concern while waiting for surgery

called strangulation and obstruction. It happens. Also, our main concern is a situation causing gangrene of the intestine. Although when the intestine gets stuck in the defect emergency surgery. If we act fast when it gets stuck this is a very rare complication, it needs develop gangrene, the outcomes are still good. stuck and operate before the intestine time, we would need to remove the part of the But if we get late in doing surgery at such gangrene. And the surgery becomes a more serious intestine, which has developed matter than a routine [hernia surgery](#). We can easily avoid it by timely action.

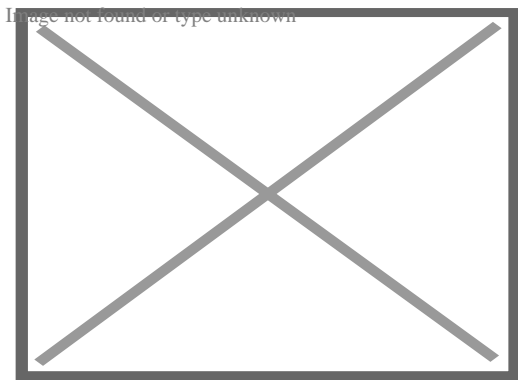
## Surgical options

Inguinal hernia. But we do have options among Surgery is the only treatment option for open surgery and laparoscopic surgery. During surgery. The surgical options include the muscles so that the intestine will no longer surgery, the surgeon repairs the defect in

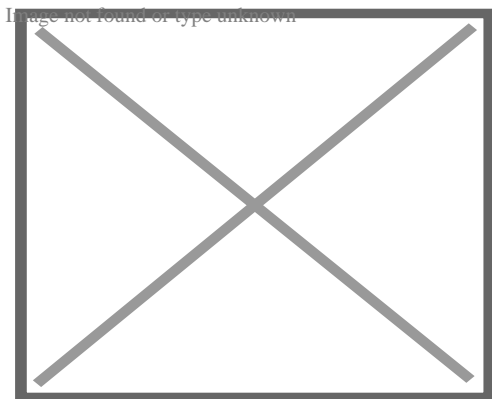
hernia surgeries, we use a mesh, to support the be able to come out. During most of the repair of the muscle defect.

even without a mesh, but the recurrence in such Inguinal hernia surgery can be done not recommend a hernia surgery without a mesh as surgery is high. For this reason, we do the repair so that the chances of hernia recurrence are reduced. Mesh gives added strength to exception to this is hernia surgery in a kid. occurring again reduces significantly. The only do not use a mesh in hernia surgery for a kid. We

## Open surgery



Open Inguinal hernia surgery



the traditional surgery, which needs an incision about 8-10 cms size in the Open surgery is very good results. It can be done in general, the groin region. When done properly it gives Inguinal hernia surgery is routinely done by spinal as well as local anesthesia. Open Let us, discuss in brief some advantages all surgeons, is safe and widely available. almost and disadvantages of this method.

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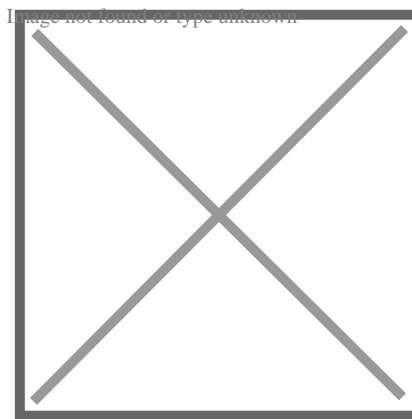
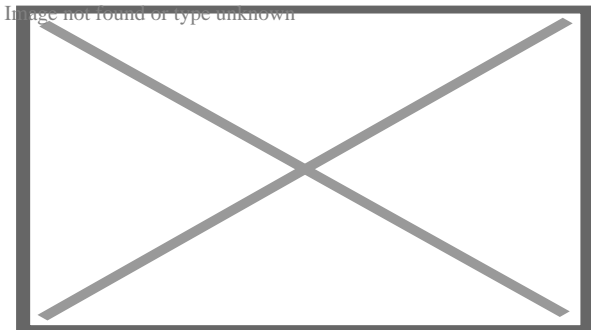
## Advantages

- **It can be done under local anesthesia.** Thus we can prevent the general anesthesia related complications. When done under local anesthesia, it is the best choice for very high risk patients after cardiac bypass surgery, kidney or liver transplant surgery, kidney failure patients (liver failure).
- ) compared to laparoscopic (for very large hernia) Technically easier

## Disadvantages

- pain are more compared to laparoscopic surgery
- Chances of post surgery long term complications are more compared to laparoscopic
- Wound related problems and inguinal hernia
- achieve totally pain free routine activity level It takes a longer period to
- cm incision are needed on both groins. When both sides are done together, pain is significantly more and recovery takes longer than one side

## Laparoscopic surgery



[Inguinal Hernia Surgery](#)

[hernia surgery](#) keyhole incisions. Usually three in number, one is done through very small 1 cm size. Although patient recovery is very fast of which is of 1 cm and other two of 2.0 cm. This is the reason that it is less demanding, the surgery per se is technically not as widely available as open surgery.

of strength of repair and post surgery pain It is superior to open surgery, both in terms of expertise and skills, else it may lead to poorer recovery. But it needs proper surgical technique.

## Advantages:

- **Very early return to normal activities)** *It is common for us to see patients back to work in a couple of days, resuming getting discharged the same day, going back to normal activity including sports within sexual activity in few days and totally a couple of weeks time(*
- sides can be done by the same three incisions.Both
- no increase in pain or dealy in recovery.When both sides are done together,
- a wider coverage of the muscle defect. ThisA larger mesh is placed which gives gives more strength to the repair

## Disadvantages

- cannot be done under local anesthesia.Needs general anesthesia,
- hernias. A large hernia can be done only ifTechnically difficult for very large excellent surgical skills are available.
- situations when intestine has got stuck.It may not be possible in emergency

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# that are important in decision making: TypeFactors of Inguinal hernia surgery

## Patient factors

Laparoscopic surgery is sñneitap Some of thefactors do influence the choice of surgery. But this advantage is negated by the risk ofcertainly superior for Inguinal hernia repair. a select group of patients. For these patientsgeneral anesthesia related complications in is preffered as it can be done under local.aisehtsena open surgery

The patient factors include:

- 70-75 years( and overall compromised health.Very old age )above
- kidney failure, major heart problems(.Major medical problems )Liver cirrhosis,
- surgery makes laparoscopic surgery technicallyPrevious abdominal surgery )some difficult(.

- about avoiding local or general anesthesia. Personal choice of a patient

## Hernia factors

Many [hernia](#) in deciding the type of hernia surgery. Certain related factors are important favorable while others make laparoscopy more factors make open surgery more favorable.

- surgery has more advantages when the hernia One side or both sides ) laparoscopic is on both sides(
- may be more preferable, depending on size and Very large hernia ) open surgery surgeon skills(
- previous surgery was open then laparoscopic is Recurrent hernia ) Generally, if laparoscopic then open surgery is technically preferred and if the first surgery was easier and safer(

## The gist of all the above talks

[Laparoscopic inguinal hernia surgery](#) is certainly a better option compared to open surgery. It has clear advantages in terms of **less pain, faster recovery and early return to normal activities** is more significant in younger patients and. This advantage when the hernia is on both sides.

for open surgery. These include patients A small subset of patients may be more suited like major heart, lung, liver or kidney having high risk factors for general anaesthesia problems. For all such patients, **facol open surgery under anaesthesia** much more si<sup>h</sup> hernia and a recurrent hernia after a previous safer. Also, those having a very large laparoscopic surgery may be more suited for open. yregrus

## Also Read

- [Activity and Exercise After Hernia Surgery](#)
- [the type & quality of Hernia surgery is Crucial! Why](#)
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