



**“I resumed work and my normal schedules, faster than I thought. I am walking around fine and feeling better each day”.**

## **Laparoscopic Hernia Repair**



**Minimal Access, Maximum Care.**

## Introduction to Hernia

A hernia is an abnormal protrusion, or bulging out, of part of the organ through the tissues that normally contain it. In this condition, a weak spot or opening in a body wall, often due to laxity of muscles, allows part of the organ to protrude.

### Different types of Hernia:

- Inguinal Hernia
- Ventral Hernia (umbilical, incisional or epigastric)

The most common type of hernia in men is Inguinal Hernia, while in women it is Umbilical and Incisional Hernia. Inguinal Hernia occurs when part of the intestines protrude into the lower abdomen, towards the groin. Umbilical Hernia is an outward bulge of the abdominal lining around the belly button. A Hernia which is caused by weakness in abdominal muscle due to a previous intervention such as a surgical procedure manifests into Incisional Hernia.



### What are the symptoms of Hernia?

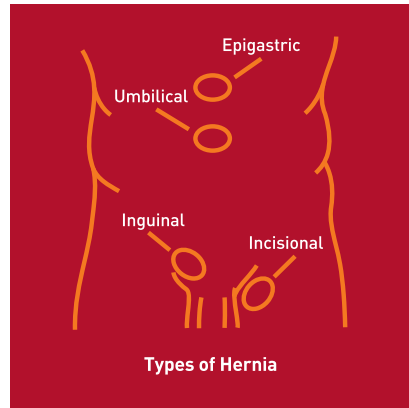
A hernia can be located anywhere in the abdominal area. However majority of hernias occur in the groin (inguinal) area. For this reason, the primary hernia symptom is a painful bulging near the groin or a localized swelling. The weakened area can be a source of significant pain and discomfort or may be a constant dull ache. A notable protrusion in the abdomen or groin area can be an obvious hernia symptom.

### Who can get a Hernia?

Anybody, men or women, at any age including infants are susceptible to hernia. Hernia can be congenital (since birth) or may develop over time. Some hernias remain static for years, others progress rapidly from the time of onset and can worsen and become painful if not diagnosed and repaired on time. Hernias cannot be treated by medication or external devices; surgical repair is the only best treatment.

## What causes a Hernia?

The wall of the abdomen has natural areas of potential weakness. Hernias can develop in these or other such areas. Excessive strain due to lifting of heavy objects, obesity, coughing, straining during urination or bowel movements, chronic lung disease, prolonged standing or sitting, fluid in the abdominal cavity contributes to the separation or the weakening of the abdominal wall.



## Should all Hernias be repaired?

In general, all hernias should be repaired unless severe pre-existing medical conditions make surgery unsafe. The timing of complications is not predictable, therefore early diagnosis and surgery avoids possibility of future obstructions and strangulation. Emergency surgery for complications such as incarceration and strangulation carry much higher risk than planned, "elective" procedures.

## How is Laparoscopic Hernia Repair procedure performed?

Laparoscopic Hernia Repair is latest and most advanced procedure for correcting hernia with proven outcomes. In this procedure, a laparoscope (telescope) connected to a camera and other surgical instruments are inserted through incisions (0.5 to 1.0 cm long) allowing the surgeon to view hi-resolution images of the hernia and surrounding tissues, on the monitor. The hernia is repaired from behind the abdominal wall. A small piece of surgical mesh is placed over the hernia defect and is secured in position with small surgical staples. This surgery is usually performed with general anesthesia or occasionally using regional or spinal anesthesia.

## What are the benefits of Laparoscopic Hernia Repair?

Laparoscopic Hernia Repair offers several benefits to patients' interested in an early return to normal activity. These include:

- Shorter hospital stay
- Lesser post operative pain
- Faster recovery
- Lower risk of infection

## Beams Minimal Access Surgery Centre

Beams Hospitals is India's leading chain of surgery centres dedicated to Minimal Access Surgery (MAS) procedures. Backed by expertise spanning over 17 years, Beams Hospitals provide patients with the utmost care and comfort. Beams surgeons have extensive experience, honed over thousands of surgeries performed over the years in minimally invasive surgical procedures for Gynaecology, General Surgery, Urology and Arthroscopy. Beams also offers state-of-the-art maternity services at its centres.

## Beams Difference

Beams Hospitals believes in "Patient First". Our hospitals are designed to maximize patients' comfort and convenience.

- Serene surroundings, relaxed homelike atmosphere
- Plush spacious rooms with modern amenities
- In-house diet plan for patient and complimentary meals for patient guests
- Patient friendly care givers
- Team of highly skilled surgeons trained internationally
- Advanced equipment for Minimal Access Surgery

*Beams respects its patients' right to know and understand details about his/her ailment.*

*This brochure is intended to be an aid in understanding an ailment. It is not intended as a substitute for medical advice. Treatment and medical advice of every individual depends on the uniqueness of his/her case and diagnostics. Always consult your doctor about your medical condition.*



### Mumbai

Plot No. 674, 16th Cross Road, Behind Khar Gymkhana, Khar (W), Mumbai 400 052.  
T: +91 22 3941 7700

### Amritsar

29 B, Race Course Road, Amritsar 143 001.  
T: + 91 183 3941 770

### Indore

15/2 South Tukoganj, Near Surya Hotel, Indore 452 001.  
T: +91 731 3941 770

### Hyderabad

Plot 99, Road No.1, Near Chiranjeevi Blood Bank, Jubilee Hills, Hyderabad 500 033.  
T: +91 40 3941 7700

### Bengaluru

640, 12th Main, 80 Ft. Road, 4th Block, Koramangala, Bengaluru 560 034.  
T: +91 80 3941 7700