

Facing a Hernia Repair?

Learn about minimally invasive *da Vinci*® Surgery

The Condition:

Hernia

A hernia happens when part of an internal organ or tissue bulges through a hole or weak area in the belly wall (fascia).

The type of hernia you have depends on where it is located and how it occurred:

- Incisional hernias: through a scar
- Umbilical hernia: around the belly button
- Inguinal hernia: in the groin (more common in men)

Hernias are common and can affect men, women and children. Sometimes, there is no obvious cause for a hernia. A combination of muscle weakness and straining may contribute to a hernia.

Physical activities and medical problems that increase pressure on the belly may lead to a hernia, including: constipation, chronic cough, enlarged prostate, extra weight, fluid in the abdomen, heavy lifting, poor nutrition, smoking, and physical exertion, like running and biking.

There are usually no symptoms for a hernia, but you may feel pain while standing, straining when using the bathroom, or lifting heavy objects.

The Surgery: Hernia Repair Surgery

Your doctor may suggest lifestyle changes to ease your symptoms, but surgery is considered the only way to permanently fix a hernia. If a child has an umbilical hernia that does not heal on its own by age 5, his/her doctor may recommend surgery. Keep in mind, all surgeries have risks and surgery may be more risky for patients with serious medical problems. During hernia repair surgery, any holes are closed. Hernia repair can be performed using traditional



Cross Section of a
Ventral Hernia



Cross Section of a
Repaired Hernia

open surgery or minimally invasive surgery. With open surgery, an incision is made in your abdomen which must be large enough for your surgeon to fit his or her hands inside your body to access your organs. Minimally invasive surgery (laparoscopy) is done through a few small incisions using long, thin surgical instruments and a small camera. The camera takes images inside your body and sends them to a video monitor in the operating room to guide doctors during surgery.

Incisional Hernia



Open Surgery
Incision

Laparoscopy
Incisions

da Vinci Surgery

Inguinal Hernia



Open Surgery
Incision

da Vinci Surgery
& Lap Incisions

da Vinci Surgery :

A Minimally Invasive Surgical Option

da Vinci Surgery is another minimally invasive surgical option for adult patients facing abdominal hernia surgery. The *da Vinci* System features a magnified 3D HD vision system and special wristed instruments that bend and rotate far greater than the human hand.

da Vinci technology enables your surgeon to operate with enhanced vision, precision, and control.

As a result of this technology, *da Vinci* Surgery offers the following potential benefits:

- › Low rate of hernia returning
- › Low rate of pain
- › Low conversion rate to open surgery
- › Short hospital stay

Risks & Considerations Related to Hernia Repair (ventral, incisional, umbilical, inguinal): recurrence, bowel injury, infection of mesh, urinary retention. For inguinal hernia repair: testicular injury.