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**Apollo Hospitals**

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The first and only JCI Accredited  
hospital in Bangladesh



Department of  
**General  
& Laparoscopic  
Surgery**

## Hernia Management

The Department of General & Laparoscopic Surgery of Apollo Hospitals Dhaka provides the latest surgical treatment for the repair of all types of hernia in men, women and children. Backed by a highly qualified and experienced team committed to patient care, we provide the latest laparoscopic surgery, as well as traditional open surgery, for the treatment of hernias.

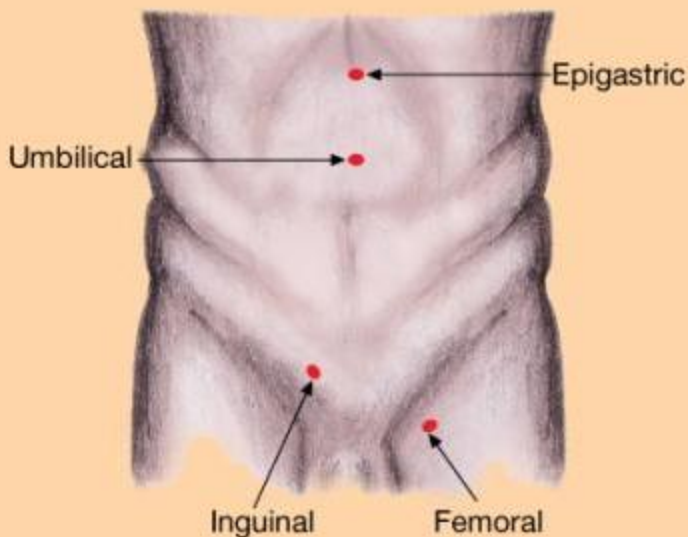
## What is a hernia?

A hernia is a protrusion of an organ or tissue through an abnormal opening in the body or a weak spot in the surrounding muscle or connective tissue. Most hernias occur when a piece of intestine slips through a weakness in the abdominal wall, creating a bulge you can see and feel. Hernias can develop around the navel, in the groin, or any place where you may have had a surgical incision. Some hernias are present at birth. Others develop slowly over a period of months or years. Hernias also can come on quite suddenly.



## What are the types of hernia?

The common types of hernia are inguinal (inner groin), incisional (resulting from an incision), femoral (outer groin), umbilical (belly button), epigastric (just above belly button), and hiatal hernia (upper stomach).



## What does a hernia feel like?

A hernia can be both seen and felt. You may notice a bulge or lump under the skin that may or may not disappear when you lie down. You also may be aware of a dull aching sensation or a sharp and immediate Pain that becomes pronounced when you are active.

## Why does a hernia hurt?

The discomfort you feel – especially when you cough, lift heavy objects, strain during urination or bowel movements, or stand for a long time – comes from the constant pressure of tissue pushing its way through the weakened spot in your body. As more tissue pushes through the weakened area, the feeling of pressure increases. A hernia that develops or worsens quickly can produce a sudden intense pain as it enlarges.



## How can I tell if a lump or swelling is a hernia?

Not all lumps or swellings on the abdominal wall or in the groin are hernias. A doctor should evaluate any such swelling. Other possible causes include benign or malignant tumours or enlarged lymph nodes. These problems require entirely different types of evaluation and treatment.



## Who gets hernias?

Hernias can arise in all patients, whether men, women, children or seniors. Millions of Bangladeshis have hernias. Hernias in the groin region (inguinal hernias) are most common in men, primarily because of the unsupported space left in the groin after the testicles descend in to the scrotum. Hernias in the femoral area, at the top of the thigh, occur most often in women. They commonly result from pregnancy and childbirth.

## Will my hernia go away?

An untreated hernia will not get better on its own, although it may not get worse for months or even years. A hernia that can be easily pushed back or flattened (reducible hernia) is generally not an immediate danger to your health, although it can be painful. A non-reducible hernia, however, can become life-threatening if part of the intestine gets trapped or strangulated in the opening. This is called an incarcerated hernia and is an emergency situation requiring immediate surgery. Severe, continuous pain, redness and tenderness are signs of an incarcerated hernia. Thus, symptoms of hernia are cause for concern and immediate contact of your physician or surgeon.

## What can I do to feel better?

Limiting activity or eliminating excess weight may provide temporary relief. Wearing a truss or binder has also offered temporary relief. The only cure, however, is surgery. There are two reasons for hernia surgery: to correct or prevent a dangerous strangulated hernia, and to eliminate the pain that may be interfering with your normal activity. Although there are always risks and side effects associated with surgery, today's surgical techniques provide patients with treatment options that offer minimal post-operative discomfort, speedy recovery, and lasting relief. If you suspect you have a hernia, consult with your physician or surgeon promptly. Delayed repair can result in bigger hernias, complications or emergency situations.

## What are the options for hernia surgery?

There are two main options for surgical hernia repair – open repair and laparoscopic repair.

### Open Repair:

Traditional open repair of hernias involves an incision made over the area of the hernia and application of a patch of surgical mesh to the weakened area or hole with sutures. Due to the larger size of the incision (usually several inches long), this type of repair is generally painful with a relatively long recovery period.



### Laparoscopic Repair:

Minimally invasive (laparoscopic) repair of hernias is becoming more and more popular because of its shorter operative time, smaller incisions, lesser pain, and shorter recovery period as compared to the traditional

open surgery. During the procedure, a telescope attached to a camera is inserted through a small incision that is made under the patient's belly button. Two other small cuts are made in the lower abdomen. The hernia defect is reinforced with a surgical mesh and secured in position with stitches, staples, titanium tacks or tissue glue.



## Is surgery right for me?

Whether you should have surgery is a question only your doctor can help you answer. Your doctor can tell you more about your condition and treatment options for painful and life-threatening hernias. There is no need to suffer in silence. Your doctor is there to help.

## What can I expect after a hernia surgery?

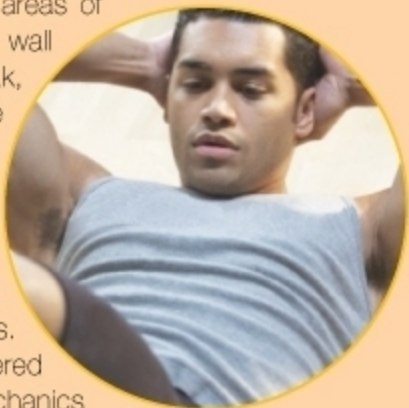
Following the operation, you will be transferred to the recovery room where you will be monitored carefully until you are fully awake. Once you are awake and able to walk, you will be discharged.

With any hernia operation, you can expect some soreness. This will be mostly during the first 24 to 48 hours. You are encouraged to be up and about the day after surgery. With laparoscopic hernia repair, you will probably be able to get back to your normal activities within a short amount of time. You should call and schedule a follow-up appointment within 2 weeks after your operation.



## How can I prevent a hernia?

You can do little to prevent areas of the muscles and abdominal wall from being or becoming weak, which can potentially become a site for a hernia. Measures like maintaining a healthy weight, proper nutrition, not overexerting yourself, and quitting smoking can help prevent weakened muscles. Hernia risks can also be lowered by the use of good body mechanics when lifting and good abdominal support posture.



Each year, thousands of Bangladeshis seek treatment for hernias.

Physician experts believe hundreds of thousands more choose to suffer in silence.

If you have avoided treatment because you are worried about the discomfort and recuperation time of surgery, talk with your doctor. You may discover there are now options available that may offer you less post-operative discomfort and shorter recuperation than you might expect. A hernia cannot only be painful, but also potentially life-threatening. Therefore, it is important to see your doctor if you have signs of a hernia. Your doctor can discuss with you the various treatment options and the associated risks and benefits of each.



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