

# LAPAROSCOPIC HERNIA REPAIR

Gentle, precise, and minimally invasive treatment to fix hernias with faster recovery and minimal discomfort, backed by years of trusted surgical expertise.

## WHEN DO HERNIAS OCCUR?

Hernias occur when a weak spot in the muscle or tissue wall allows a portion of internal tissue or intestine to push through, often causing a visible bulge and discomfort. The common sites of hernia are in the groin or the umbilicus but they can also occur on the lateral aspects of the abdominal wall, the upper thigh and rarely, on the flanks. With modern minimally invasive techniques, repairing a hernia has become safer, quicker, and far less disruptive to daily life.

In laparoscopic hernia repair, small keyhole incisions are used instead of a large cut. Through these, a tiny camera and fine instruments allow precise repair of the weak area, often reinforced with a gentle mesh support. This approach means less pain after surgery, faster recovery, and minimal scarring.

With years of surgical experience and a commitment to the highest standards of care, I strive to make this process as smooth and stress-free as possible for my patients—focusing not just on the repair itself, but on your comfort, confidence, and long-term wellbeing.

## FREQUENTLY ASKED QUESTIONS ABOUT LAPAROSCOPIC HERNIA REPAIR :

## **WHAT IS A HERNIA?**

A hernia happens when part of an internal tissue pushes through a weak spot in the muscle wall, causing a bulge and sometimes discomfort.

## **HOW DOES LAPAROSCOPIC HERNIA REPAIR WORK?**

Small incisions are made, and a tiny camera plus instruments are used to repair the hernia with minimal cutting. Often, a mesh is placed to support the area and reduce the chance of recurrence.

## **WHAT ARE THE BENEFITS OF LAPAROSCOPIC REPAIR COMPARED TO TRADITIONAL SURGERY?**

Laparoscopic surgery usually means less pain, quicker recovery, smaller scars, and a faster return to daily activities.

## **IS LAPAROSCOPIC SURGERY SAFE?**

When performed by an experienced surgeon, laparoscopic hernia repair is very safe with a low risk of complications.

## **HOW LONG WILL RECOVERY TAKE?**

Most patients can resume normal activities within 1 to 2 weeks, with full healing over several weeks.

## **WILL THE HERNIA COME BACK AFTER LAPAROSCOPIC REPAIR?**

Using modern techniques and mesh reinforcement, the risk of hernia recurrence is significantly reduced.

## **CAN EVERYONE HAVE LAPAROSCOPIC HERNIA REPAIR?**

Most patients are good candidates, but your specific health and hernia type will determine the best approach.