

Advances in Hernia Surgery

Gaurang Pandya, M.D.
Board Certified Surgeon

Big Surgery No more.

At one time when I was a young medical student hernia repair surgery was a big operation. Patients stayed in hospital for 7 days recuperating. In last 30 years many advances in management option have become available to the advantage of the patients. Many of these procedures can be performed under local anesthesia and patients can go home an hour after the operation. That is a big advance!

The turning point in operations selection came after the finding that long term result are dependent on the type and location of hernia and type of repair performed. The tension free repair with Preperitoneal reinforcement with a mesh produces very satisfying immediate and long lasting results. Of course the implantation of a mesh should not be taken very lightly as it is a foreign object and can lead to complications.

What is hernia ? There are many different conditions that are grouped under diagnosis of Hernia. Essentially a hernia is an abnormal protrusion of normal body organs or parts through a weak area in the surrounding tissue. Most common hernias are located in the groin and are commoner in males and are called inguinal hernia.

Think of it this way... Think of your hernia as a bulge in a tire. The outer wall of the tire is like your abdominal wall. The inner tube of the tire is like your intestines (Figure 1). Most of the time the outer wall of the tire is strong enough to hold the inner tube, but if the wall weakens, a bulge may occur (Figure 2). Just like a hernia may form in a weakness in the abdominal wall as shown to the right.

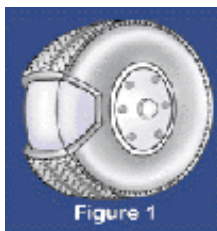


Figure 1

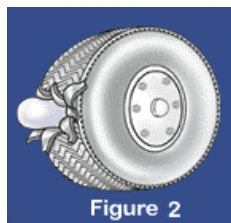
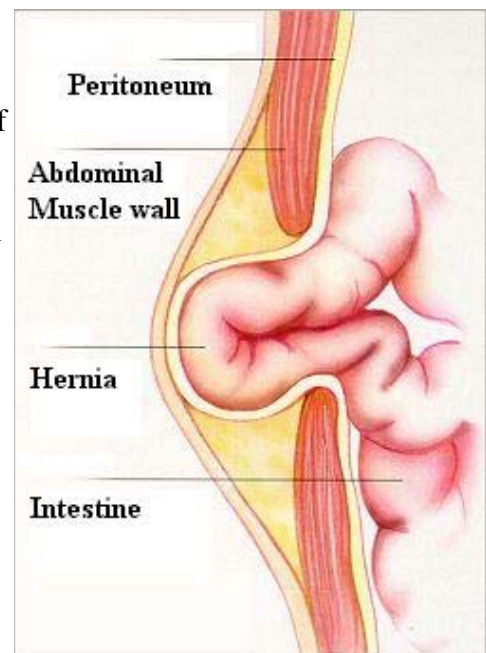


Figure 2



How do I know I have a Hernia?

You may feel a lump or a mass in the lower abdomen or groin. The hernia pops in and out especially when there is increase in the intra abdominal pressure such as when you cough. This type of hernia is usually reducible, however if it comes out and does not pop back inside the abdomen then it is called incarcerated hernia. This is a surgical emergency and you need to have urgent surgery procedure to reduce and repair the hernia as there is danger of gangrene or death of the trapped intestine.

Advances in Hernia Surgery (Cont.)

Is there a non surgical way to manage hernia?

Yes you can buy a hernia belt or truss that you can wear on the outside at the site of hernia defect so that when the hernia wants to protrude then the belt tries to keep it inside. This is not the best way to manage hernia as it does not take care of the real problem and it may not provide relief of the pain associated with the hernia.

What are the surgical options? Over a period of past century many hernia repair operations have been proposed and practiced by surgeons. All of them work well for most of the patients but not all. Currently I prefer an operation called Kugel patch repair. In my opinion it is the most effective, cost efficient and relatively painless operation for the inguinal hernia repair.

How is the Kugel Hernia Patch Repair done? This operation reduces the hernia sac from inside and a specially designed marlex mesh patch is inserted to cover the hernia opening. This patch produces a strong barrier in front of protruding hernia. Now whenever the intra abdominal pressure goes up the patch prevents the intestine from being pushed out as a hernia.

Where the surgery is done? Based on patient preference I schedule surgery at Natraj Surgery Center the I own with my family or at Sierra-View District Hospital or at Tulare District Hospital. The surgery can be easily done under local anesthesia and IV sedation.

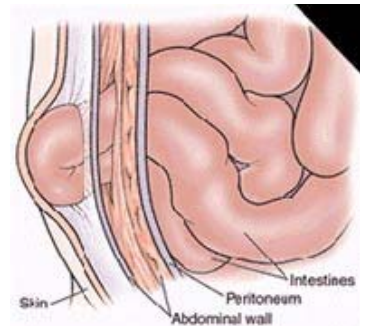
Man flies his plane to Porterville to get Kugel hernia repair by Dr. Pandya. Here is Man who flew in to Porterville Airport in his Cessna airplane from Everett Washington State to have surgery at Natraj Surgery Center and flew back in 2 days. Read the full story at

http://www.recorderonline.com/news/porterville_37532___article.html/surgery_plane.html

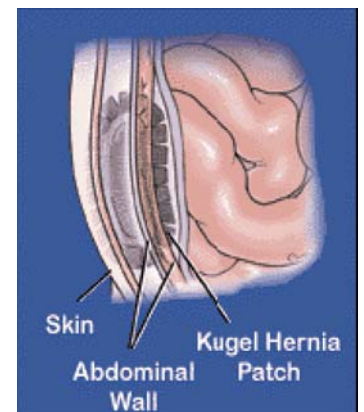
What should I do if I think I have a Hernia? You need to consult your doctor who can confirm that you have a hernia and needs surgical repair. Then your doctor can refer you to Dr. Pandya for Kugel Hernia Preperitoneal surgical repair. OR

Next Step: If you suspect that you or someone you know has a hernia then make an appointment with Dr. Pandya in our office by calling (559) 782 8533 for further evaluation and management. Dr. Pandya is Board Certified Surgeon. We are located 1 block West of Sierra-View District Hospital and our Address is :

Gaurang S. Pandya, M.D.
555, West Putnam Ave,
Porterville, CA 93257



The hernia defect allows intestine to be trapped creating intestinal blockage..



The patch is implanted before the defect.



From left to right Dr. Pandya, Patient Miles, surgery Tech Ed and Nurse Christy in the Natraj Surgery Center recovery room after surgery.