

## Advantages of Laparoscopic Method

With a minimally invasive approach, laparoscopic surgery can cure hernias with minimal trauma and a short recovery period. Patients can usually return to normal daily activities the day after surgery, and resume work or exercises a few days later. It results in tiny scars, which are cosmetically more appealing than the long ones left by open surgery, and a lower recurrence rate.

Hong Kong Sanatorium & Hospital is committed to providing advanced and high-quality services to patients. As the most effective treatment of hernia, our laparoscopic hernia repair services can achieve good clinical outcome with less trauma than open surgery, faster recovery and earlier return to normal activity.

## HKSH Surgery Centre

### Happy Valley

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### Service Hours

Monday to Friday: 9:00 am – 5:00 pm  
Saturday: 9:00 am – 1:00 pm  
Closed on Sundays and Public Holidays  
by Appointment



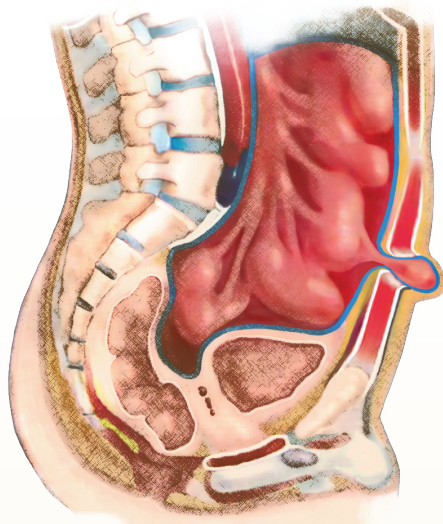
## What is Hernia?



For enquiries and appointments,  
please contact us

**Common in all age groups, hernias are amenable to surgical treatment with a high success rate.**

They are often found in the inguinal region, around the navel and on previous surgical sites as bulges underneath the skin, especially when one stands and coughs. Hernias are formed due to an underlying deficiency in the abdominal muscle wall. The bulges are most prominent when one strains the abdominal muscle, e.g. coughing or lifting heavy objects. Most hernias can be reduced spontaneously by lying in bed or with a gentle massage. Emergency surgery is required if they cannot be reduced.



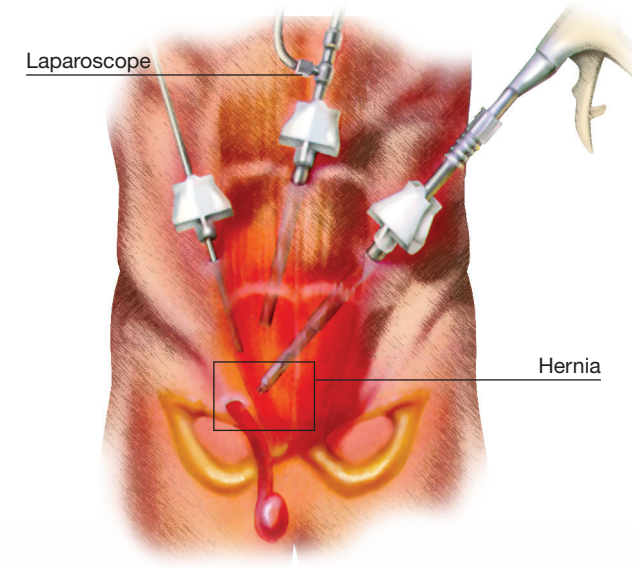
Lateral view of hernia

## Problems Associated with Hernia

Surgery is required to cure hernias, which can cause something more than discomfort and inconvenience. If left untreated, hernias may grow in size and become irreducible. In severe cases, they can trap the intestine, causing gut blockage or even endangering bowel viability. In inguinal hernias, the groin bulge can extend downwards to the scrotum and cause significant disfigurement. Bowel perforation may occur if the hernias are no longer reducible and pressed externally.

## Fixing a Hernia

In general, hernias can be treated by open surgery or via a minimally invasive approach with laparoscopy. In open surgery, a 5 to 10cm incision is made on the skin above the hernia to repair abdominal defect. The past decade witnessed significant development in the laparoscopic approach, which is carried out through a 1cm incision at the belly button and two other 0.5cm puncture holes in the lower abdomen.



Hernia Repair Operation (Positions of Instruments)

## How Is Laparoscopic Hernia Repair Performed?

Laparoscopic hernia repair is performed under general anaesthesia. Connected to a camera and a light source, a laparoscope is inserted via a 1cm incision at the lower border of belly button. A space is then created in the abdominal wall just in front of the peritoneal lining, where the deficiency of the abdominal wall is best visualised. With the image of the operative field being projected onto a TV monitor during surgery, two slender instruments are put into the space via two 0.5cm puncture holes on the skin for hernia repair under laparoscopic vision. Finally, a patch (artificial mesh) will be put into the space to cover the hernia defect. It helps strengthen the deficiency of the abdominal muscular wall during recovery.