## Symptoms
- Bulge in the groin, genitals, or abdomen
- Discomfort or pain with physical activity

## Treatment
- Observation
- Truss
- Surgical repair-usually with mesh
  - Open vs. Laparoscopic

## Reason for Repair
- Incarceration
- Strangulation
- Discomfort
- “Presence”

## Anesthesia
- Local & sedation
- General
- Spinal
- Epidural
- “Presence”

## Complications & Risks

### General
- Blood clots (DVT/PE)
- Pneumonia
- Heart attack
- Stroke
- Bleeding
- Infection

### Specific Inguinal
- Recurrence of hernia
- Mesh complications
- Bowel or bladder injury
- Urinary retention
- Chronic numbness or pain in groin or leg
- Damage to testicles or testicular function

### Specific Ventral/Umbilical
- Recurrence of hernia
- Mesh complications
- Bowel or bladder injury
- Seroma
- Recovery
- Three to six weeks with:
  - No straining
  - No lifting
  - No excessive twisting, turning, etc.

## How Hernias Form

### The Wall Weakens or Tears

- Peritoneum
- Intestine
- Abdominal Wall
- Skin
- The Intestine Pushes into the Sac
- The Intestine May Be Trapped
- The Intestine May Become Strangled