



We Get You Back to You... Sooner



## Hernia

Hernias are a common condition that occurs when an internal organ or tissue bulges through a weak spot in the abdominal wall. There is no medical treatment for a hernia. Therefore, it must be repaired surgically in order to prevent complications. One option for hernia surgery is to use the da Vinci Surgical System, a robotic technology which allows a surgeon to perform minimally invasive surgery with the greatest precision.

### EVERYTHING YOU NEED TO KNOW:

## Hernia Surgery using Intuitive Surgical's da Vinci Technology

### The Procedure

During robotic hernia surgery, the surgeon makes a few small incisions in the patient's abdomen. The da Vinci system's instruments are then inserted through the incisions, along with a tiny camera. The robotic arms are attached to the instruments. The surgeon then works at the console beside the patient to control the instruments and camera, allowing for precise and controlled movements in order to repair the hernia defect. This type of surgery results in less scarring and pain, therefore less need for pain medication. This leads to a faster recovery time than traditional open surgery.

### Our Physicians

Special training is needed for a surgeon to be able to safely perform robotic hernia repairs. Our surgeons have undergone rigorous training and have extensive experience in this field. They are highly skilled in using the da Vinci system and are familiar with the latest surgical techniques and practices.

**SCHEDULE A CONSULTATION: 845-348-3058**

# Hernia

An inguinal hernia occurs when intestines or other abdominal tissues bulge through the abdominal wall into the inguinal, or groin, area. Related factors include:

## SYMPTOMS



burning sensation



sharp pain



heavy or full sensation in groin



pain when coughing, exercising or bending over



in men, swelling or pain around testicles

## CAUSES



strenuous activity or lifting



smoking



chronic cough



pregnancy



extra body weight

## PREVENTION TIPS



use proper lifting techniques



lose weight if overweight



relieve/avoid constipation



men: see your doctor if you strain to urinate



increase core strength

## What to Expect Before Surgery

Consultation with the surgeon to see if you are a candidate for robotic hernia surgery. Your surgeon will discuss the procedure and address any concerns or questions you may have.

Preoperative testing, including blood work and imaging tests may be necessary.

Fasting for a period of time before the surgery.

Avoiding certain medications, including blood thinners, in the days leading up to the surgery.

## What to Expect After Surgery

Majority of hernia surgery patients are discharged home the day of surgery. More complex cases may need to stay overnight in the hospital.

Approximately 1/3 of patients have their pain controlled with medication such as Tylenol or Motrin. Other patients may need a small amount of stronger pain pills in the immediate postoperative period.

Limited physical activity for a period of time after the surgery.

Follow-up appointments with the surgeon to monitor recovery and healing.

## SCHEDULE A CONSULTATION

To schedule a consultation and for more information about robotic hernia surgery, call Highland Surgical Associates at **845-348-3058**.

Montefiore | Nyack

[montefiorenyack.org/davinci](http://montefiorenyack.org/davinci)