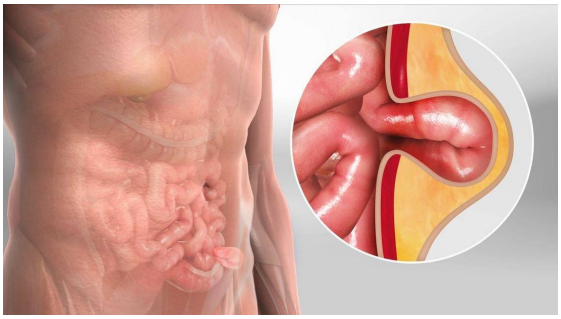
Prof. Mohammad Abu Hilal
MD, PhD, FRCS, FACS, DocEur

Hernia



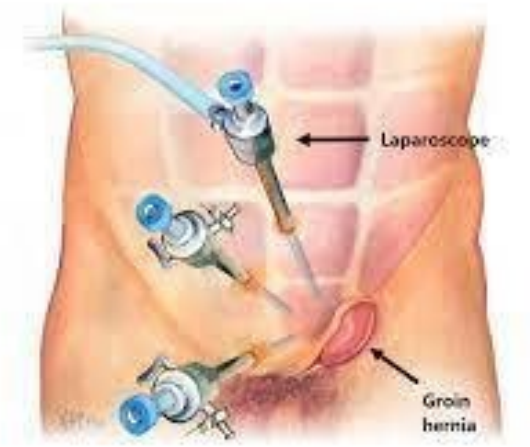
A hernia is the protrusion of an organ or tissue out of its normal position through a channel or opening in the surrounding tissues. This opening may exist naturally, as in an inguinal (groin) hernia, or it may be the result of previous surgery. When a hernia develops in the abdominal wall at the site of a previous surgical incision, it is called an **incisional hernia** (laparocele).

The main cause of a hernia is weakness of the muscle and fascia of the abdominal wall, which can no longer withstand the pressure that the abdominal organs put on it. As a result, an organ or tissue may bulge through the weakest, least resistant area, forming a hernia.

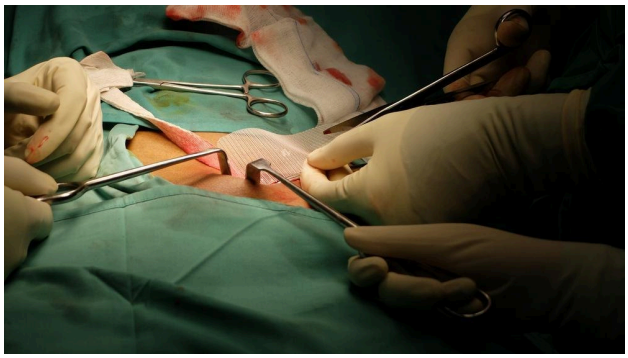
Once a hernia has developed, the definitive treatment is surgery. The operation returns the contents of the hernia sac to their normal anatomical position, repairs the abdominal wall, and then reinforces the weak area with a surgical mesh or prosthetic support.

In most cases, hernias are repaired with the traditional open technique, through a direct incision. At our centre, however, we have also introduced minimally invasive laparoscopic techniques for hernia repair.

Laparoscopic surgery is used in specific cases depending on the type of hernia – most notably hernias on both sides of the groin (bilateral inguinal hernias) and hernias that come back after a previous operation – as well as in other selected cases. The most suitable technique for each patient is chosen according to the type of hernia, the patient's condition and their surgical history.



Laparoscopic surgery



Open surgery