



Inguinal hernia

Inguinal hernia is the medical term to refer to a hernia that develops in the groin region. First of all let us understand what a hernia is. Our abdomen is like a room that contains different organs including the intestines. This room has a muscular wall. When a hole develops in this muscular wall the intestines can sometimes protrude through this defect in the form of a balloon. This is what we call a hernia. An [inguinal hernia](#) is the hernia that develops in the groin region. This mostly happens in males but can also happen in females. Initially the internal fat of the abdomen called 'omentum' tends to slip into this hernia, however as the size of the hernia gets larger, the risk increases for intestines to slip into the hernia as well. Intestines have a risk of twisting inside a hernia that could lead to a bowel obstruction or even the strangulation of the intestines. God forbid a strangulation occurs it can lead to gangrene of that segment of bowel. This is an emergency situation and is very painful. It is recommended to get a hernia fixed before such a condition arises. At Alsa Pakistan we provide advanced laparoscopic solutions for [hernia repair](#). Laparoscopic technique allows a less pain full surgery and also allows us to repair both groin sides together if needed. At Alsa Pakistan we are able to repair the inguinal hernias laparoscopically using very small holes and so the recovery is almost instant. Patients are able to go home the same day after surgery and resume their normal daily activities including taking a shower. They're able to drive a car after a few days and go back to their normal routine life in a week. The only restriction is not to lift anything heavier than 4 kg for the next two months after the hernia repair. Alsa Pakistan uses the best sterile environment for having a hernia surgery without the risks of an infection. We use the latest technologies for sterilization and have the most stringent policies in the operating room to provide you a safe surgery at international standards. We use ERAS or 'enhanced recovery after surgery' modalities which is the most advanced anesthetic techniques to provide a pain-free surgery and enhanced recovery after surgery. Visit alsapakistan.com for more information and consult one of our expert members on the team to get the best advice for your hernia management.