

# Dr. David E. Konkin

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## General Surgery & Endoscopy

Gastrointestinal, Hernia, and Laparoscopic Surgery  
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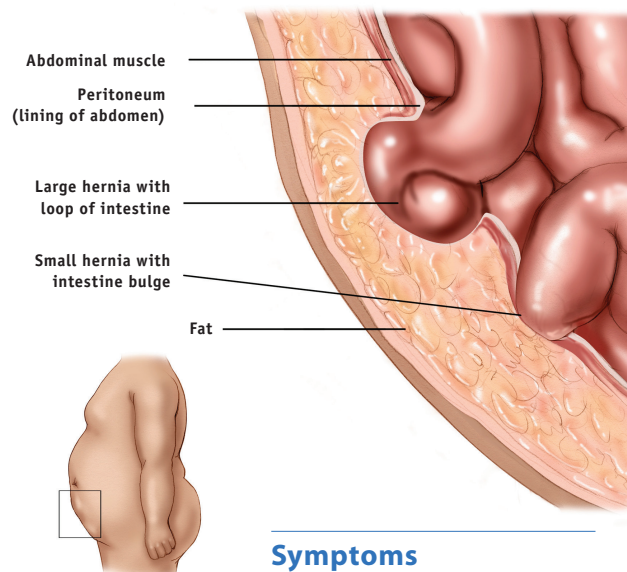
## INCISIONAL HERNIA

### The Condition

- An incisional hernia is when tissue bulges out through the site of a healing surgical scar. It accounts for 15-20% of all abdominal wall hernias.

### Common Symptoms

- Visible bulge in abdominal wall, especially with coughing or straining.
- Pain or pressure at the hernia site.

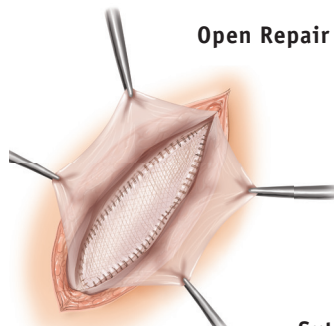


### Treatment Options:

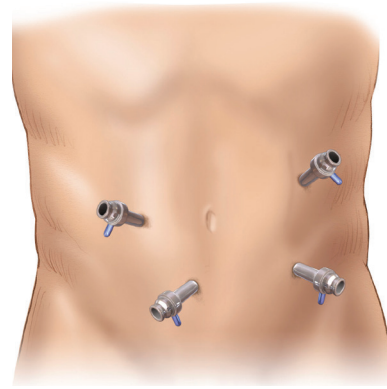
- Watchful waiting
  - Option if without symptoms
  - Also if risk of surgery or recurrence (it coming back) is high
  - Abdominal binder may be useful for support
- Surgery
  - Open
  - Laparoscopic

### Benefits of Surgery:

- An operation is the only way to repair a hernia.
- The type of operation depends on the hernia size, location, and if it is a repeat hernia.
- Laparoscopic is good for small hernia defects
- Open is used for larger hernias as well as repeat repairs.
- Mesh is often used to reduce the risk of it returning again.



Laparoscopic Repair



## **Risks:**

### *Non-operative:*

- The risk of not operating is increasing size of the hernia, increased discomfort, and strangulation requiring emergency surgery.

### *Operative:*

- Anesthesia - cardiac, pneumonia, blood clots - 1%
- Wound complications including bleeding/hematoma, seroma, infection <10%
- Intestinal/bowel injury <1%
- Voiding postoperatively (trouble peeing)
- Postoperative discomfort/pain
  - Acute
  - Chronic 15%
- Recurrence 10-15% (higher if repeat or complex surgery)

## **LEARN MORE about preparing yourself for your surgery:**

There are important steps you can take right now that will help to ensure the best possible result from your surgery.

Focus on things you can do to be as strong & healthy as possible.

- Healthy diet
- Activity and exercise
- If you smoke or use nicotine products, stop
- If you have diabetes make sure your A1C is under good control
- Limit alcohol
- If you snore loudly, read more about possible sleep apnea
- Care for your mental wellbeing
- You may need help for a few days or weeks. Make support plans.

## **Find out more information...**

By going to the  
Surgery Preparation  
section of Pathways at  
[Vancouver.pathwaysbc.ca](http://Vancouver.pathwaysbc.ca)

**OR**

Scan the QR code.



