Inguinal Hernia Repair with
the Kugel™ & MK™† Patches

What is a hernia?
A hernia is a protrusion of an organ or tissue through an abnormal opening in the body. Most hernias occur when a piece of intestine slips through a weakness in the abdominal wall, creating a bulge you can see and feel. Hernias can develop in the groin (inguinal hernia), around the navel (umbilical hernia), or any place where you may have had a surgical incision (ventral or incisional hernia). Some hernias are present at birth; others develop slowly over a period of months or years. Hernias can also come on quite suddenly.

Think of your hernia as a bulge in a tire. The outer wall of the tire is like your abdominal wall. The inner tube of the tire is like your intestines.

Most of the time the outer wall of the tire is strong enough to hold the inner tube. But if the wall weakens, a bulge may occur.

Similarly, a hernia may form in a weakness in the abdominal wall.

Learn More
Although nothing is a substitute for your physician, you can learn more at our Hernia Resource Center: www.herniainfo.com or call our toll-free hotline at 1-800-HERNIAS.

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www.herniainfo.com
Hernia repair with the KUGEL™ Patch and MK™ Patch.

Your doctor has likely recommended a hernia repair using the KUGEL™ Patch or MK™ Patch. These specialized hernia repair patches are specifically designed for use in tension-free hernia repair, which eliminates the tension or strain on the surrounding muscles and ligaments. This reduces postoperative pain. Repairing a hernia is just like fixing a tire. You can either place the patch on the outside or you can place it on the inside. The difference is if you place the patch on the outside, the pressure from within the tire could push through the patch. If you place the patch on the inside, the pressure will help hold the patch in place. The KUGEL™ Patch and MK™ Patch fix the hernia because they are placed on the inside, allowing the natural pressures of your body to keep the patch in place.

Advances in hernia repair technology are making early treatment the best option.

You have made the important first step in getting treatment for your hernia: discussing the option of surgery with your doctor. With today’s technology, a hernia can be surgically repaired quickly and relatively painlessly if caught early on.

An untreated hernia can worsen over time and a bulge may not be obvious for months or even years. A reducible hernia (one that can easily be pushed back into the abdomen) is generally not an immediate danger to your health, but it can be painful and will not get better on its own. A non-reducible hernia, however, can become life-threatening if part of the intestine gets trapped, or strangulated, in the opening.

You can try limiting your activity, losing weight or wearing a truss or binder which may give temporary relief from a hernia. But the only treatment for a hernia is surgery.

Q. How long will the surgical procedure take?
A. The procedure is typically completed in less than 45 minutes.1

Q. How soon after surgery can I go home?
A. Most patients are able to go home within a few hours after the surgery.

Q. What size will the incision be?
A. The KUGEL™ Patch and MK™ Patch repairs are done through a single 3–6 cm (1.5–2.5 inch) incision.

Q. How soon after surgery can I return to my normal activities?
A. You will probably be able to return to your normal activities in less than a week.

Q. What are the chances my hernia will come back?
A. Surgery using the KUGEL™ Patch or MK™ Patch reduces the risk of hernia recurrence. The chance of your hernia returning after a tension-free surgery is less than one percent. The chance of recurrence is greater if the repair is performed with a non-mesh Tissue-to-Tissue technique.

Q. What about complications?
A. Like any surgery, there is always a chance for complications, like infection or hernia recurrence. Your physician will discuss these with you prior to surgery.