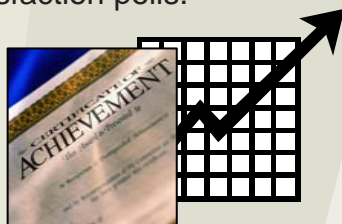


If you suffer from a hernia, you probably have a number of questions on when to have it repaired, what type of surgery to choose, what to expect, and where to go.

We can help.

## Why choose Virginia Hospital Center for your surgery?

- Highly-skilled specialists experienced in all aspects of hernia surgery from simple repair to complex reconstruction.
- Latest minimally-invasive surgical technology for less pain after surgery and shortened recovery periods.
- Modern facility with state-of-the-art surgical environment.
- New, comfortable and spacious private suites for pre-operative admission and post-operative recovery.
- Exceptional nurse-to-patient ratio to facilitate high-quality patient care.
- High rankings in patient satisfaction polls.



**Schedule a Consultation Today:**

**703.717.HERNIA**  
703.717.4376

### THE HERNIA PROGRAM



1625 N. George Mason Drive  
Suite 334  
Arlington, VA 22205

## THE HERNIA PROGRAM



Experience  
Excellence



**703.717.HERNIA**

- Groin Hernia
- Belly Button Hernia
- Incisional Hernia
- Ventral Hernia
- Complex and Recurrent Hernias
- Hiatal Hernia

Hernias of all types are very common and more than half a million operations are performed each year to repair them. Our surgeons have very extensive experience– in *all* types of repair techniques for *all* types of hernias– including the most complicated ones.

## Modern, State-of-the-Art Hernia Repair



### Do I have a hernia?

A hernia can occur anywhere and shows up as a bulge under the skin that may cause discomfort. Any hernia is made worse by heavy lifting, straining, coughing, and gaining weight.

Most hernias can be diagnosed by a physical exam. The most common areas where hernias occur are in the groin (inguinal), at the belly button (umbilical), and at the site of a previous operation (incisional).

If you notice an unusual bulge anywhere in your body, you should have it checked out by your physician or come in to Virginia Hospital Center for a consultation.

Not all hernias are noticeable. A hiatal hernia forms when part of the stomach slides into the chest through the normal opening created by the esophagus.

This hernia does not cause a visible bulge but usually presents with acid reflux or chest pain. A hiatal hernia can be diagnosed by endoscopy (camera down the esophagus) or a special X-ray.

### What Surgery is Right for Me?

Although hernia surgery is for the most part straightforward, it has to be done right and by an experienced surgeon in order to ensure the best outcome.

While a variety of techniques are available today to repair hernias, not all surgeons are equally experienced in them. Deciding which operation is best for you is very important and you should make that choice with your surgeon. If a surgeon offers you only a single repair technique, you may wish to consult with another doctor.

Our surgeons will discuss with you all the options available to you including:

- traditional “open” surgery
- laparoscopic or minimally-invasive surgery.

Some patients with giant hernias may be candidates for extensive reconstruction of the abdominal wall, a highly complex surgery.

### When Should a Hernia be Repaired?

Typically, hernias should be repaired electively when the diagnosis is made. Hernias do not heal by themselves and usually get bigger and more painful with time. They also carry the risk of getting entrapped.

On occasion, our surgeons may recommend that the best course of action is no surgery at all.

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• Most hernia operations are performed on an outpatient basis.

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• Open surgery is performed using an incision (or cut) over the area of the hernia.

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• Laparoscopic surgery uses a telescope and other instruments introduced through tiny incisions.

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• Most modern hernia repairs require the use of a mesh (screen) to repair the defect or hole.

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• You can minimize the risks of hernia surgery by going to an experienced hernia surgeon.

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• Our surgeons are board-certified Fellows of the prestigious American College of Surgeons.

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• Our surgeons have performed thousands of hernia repairs.

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