

Inguinal (Groin) Hernia Which type of repair?

- Options:**
1. External tension free mesh – performed through a groin incision.
 2. Laparoscopic (keyhole) with mesh – performed from within the abdomen usually using three small incisions.

Advantages and disadvantages

1. External tension free mesh

Advantages: Very low recurrence rate (less than 1%).
Low complication rate.

Disadvantages: Slightly more pain than laparoscopic method both short and long term.

2. Laparoscopic (keyhole) method with mesh

Advantages: Slightly less pain than the open method both short and long term.

Disadvantages: Higher recurrence rate (up to 5%).
Greater potential for complications related to the need to do the operation from within the abdomen.

General recommendations

Most simple groin herniae, being operated on for the first time, are performed by the external approach.

The laparoscopic approach may be advantageous especially for patients with a hernia on both sides (bilateral), and for recurrent herniae.

Either method may be used in most cases.