



Call us to learn more about  
our back-to-normal-faster  
hernia procedure

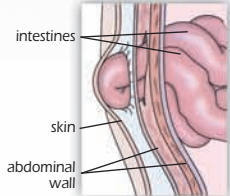
**Think of your hernia as a bulge in a tire.**



The outer wall of a tire is like your abdominal wall. The inner tube of the tire is like your intestines.



The outer wall, most of the time, is strong enough to hold the inner tube, but if the wall weakens, a bulge may occur.



The same way, a hernia may form if a weakness in the abdominal wall occur.



**HERNIA REPAIR  
CENTER OF TEXAS**

A multi-specialty, outpatient surgical facility

### **What is the definition of a hernia?**

An organ or tissue protruding through an abnormal opening in the body is called a hernia. When a piece of intestine slips through a weakness in the abdominal wall, a bulge is produced that you can see and feel. Most hernias occur this way. The navel, groin or any place where you may have had a surgical incision is a possible location in which a hernia can be located. The presence of a hernia can be early as at birth. Some hernias take time to develop over a period of months or years. Hernias also can appear unexpectedly.

### **How does a hernia feel?**

A hernia may feel like a dull aching sensation that becomes more noticeable when you are on the go. You may also see a hernia. A lump may be visible in your abdomen or groin and may still appear when you lie down.

### **Why do I hurt?**

The constant pressure of tissue pushing its way through the weakened spot in your body can cause you discomfort—especially when you cough, lift something heavy, or stand for a long time. The feeling of pressure increases as more tissue pushes through the weakened area. A swift severe pain can be experienced as a hernia enlarges from its rapid development.

### **Is surgery right for me?**

In most cases, a surgical option is the best option. Of course you should always consult with your doctor who can assess the risks and treatment options.

### **How will my hernia be repaired?**

Your doctor will repair your hernia using a tension-free surgical technique, which will minimize pain using a state of the art plug or mesh.

### **How long will the procedure take?**

In most cases, the procedure will take less than one hour.

### **How soon after surgery can I go home?**

Most patients are completely ambulatory and can go home in less than four hours.

Hernia Repair Center of Texas is easily accessible,  
just south of the Pierce Elevated (Interstate 45)  
and downtown Houston at 2105 Jackson St.,  
tel. 713.691.6000 Ext. 25



**HERNIA REPAIR  
CENTER OF TEXAS**

Convenient, secure parking is available on site at no charge.  
[www.beneficialmedicalservices.com](http://www.beneficialmedicalservices.com)