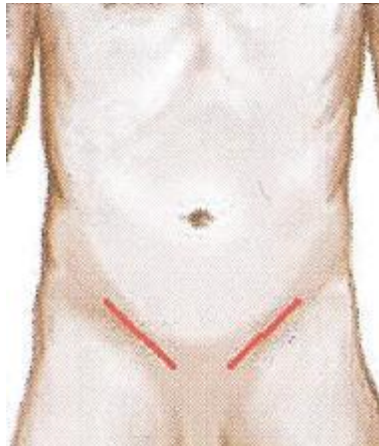


## Open Repair

The operation for a groin hernia is one of the most common surgical procedures.



The standard (open) operation involves a 10cm incision in the groin (or both groins if there are hernias present on both sides). The protruding tissue and organs are pushed back into the abdominal cavity, and the muscles are stitched together to repair the defect.

A thin plastic mesh may be placed over or under the muscles to add support. This can often help to prevent a recurrence of the hernia.