



DID YOU KNOW...

- Hernias are most common among people over 50
- Risk increases significantly between ages 75-80
- 25% of men and 2% of women will develop an inguinal hernia
- 15% of people develop an incisional hernia following a surgery that involves cutting the abdominal wall (e.g. a C-section)
- With millions of procedures performed each year worldwide, hernia repair surgery is one of the most frequently performed general surgical procedures.

**CALL TODAY TO BOOK A
CONSULTATION: (303) 449-3642**

*We accept Medicare, Medicaid and
most private insurance plans.*

WHY CHOOSE ALPINE SURGICAL

Alpine Surgical is your preferred surgical team. Located in Boulder, CO, we are committed to delivering the latest breakthroughs and advancements in surgical care. Our skilled and professional surgeons offer high-quality and safe surgical services to serve the needs of our communities' patients. Dr. Fox and Dr. Beckley focus on continuing education and training to guarantee the best possible outcomes for you.

To learn more, visit us at alpinesurgical.net



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Hernia Surgery

Information for patients



A L P I N E
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Northern Colorado's most experienced hernia surgery experts

If you require hernia repair, you will be pleased to know that Dr. Richard Fox and Dr. Akin Beckley of Alpine Surgical are among the leading doctors in the region having performed thousands of hernia repairs—most using minimally invasive techniques. We believe in a more personalized approach that provides patients with smaller incisions, shorter hospital stays and a quicker return to your normal activities.

WHAT IS A HERNIA?

A hernia occurs when tissue or internal organs push through a weak spot in the surrounding muscle or connective tissue. They are most common in the abdomen or groin area. Common types of hernias include:

Inguinal hernia – occurs in the groin

Umbilical hernia – occurs near the belly button

Incisional hernia – develops at the site of a previous surgical incision

Hiatal hernia – occurs when part of the stomach moves into the chest through the diaphragm

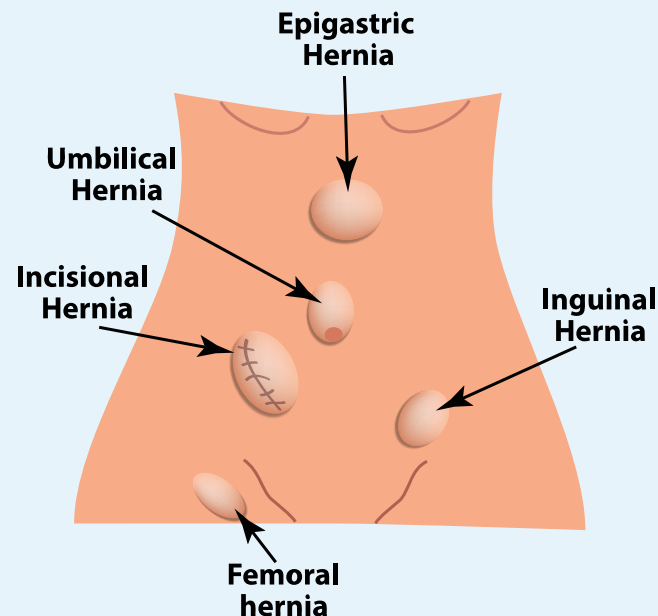
Hernias are usually characterized by a visible bulge, as well as discomfort or pressure, pain when lifting, coughing or exercising, or burning/aching sensations. However, some hernias such as hiatal hernias or paraesophageal hernias can be hidden, causing symptoms such as heartburn or reflux, pain or shortness of breath instead of a bulge.

WHAT CAUSES A HERNIA?

A hernia can form in many different ways. They are most often associated with heavy lifting or strenuous activity. They can also be caused by chronic coughing, obesity, pregnancy, genetics (family history), straining during bowel movements and prior abdominal surgery.

WHAT HAPPENS IF I DON'T TREAT A HERNIA?

In most cases, hernias will not heal on their own and may gradually enlarge over time. Untreated hernias can become more serious by increasing in size, cause worsening pain or discomfort and begin to limit daily activities or exercise. A hernia can become incarcerated (tissue becomes trapped and cannot be pushed back into place) or strangulated (where blood supply to the trapped tissue is cut off) if it is not treated in a timely fashion.



HERNIA REPAIR SURGERY: A SAFE AND EFFECTIVE SOLUTION

Surgery remains the only definitive treatment for most hernias. The modern surgical techniques used by the doctors at Alpine Surgical allow for a minimally invasive laparoscopic or robotic approach that offers many benefits, including:

- **Smaller incisions** – result in less visible scarring and less tissue trauma
- **Less pain during recovery** – patients experience less postoperative discomfort
- **Faster recovery** – a quicker return to normal activities and exercise
- **Outpatient procedure** – patients can usually return home the same day

HOW DO I KNOW IF I AM A CANDIDATE?

During your consultation with our providers, we will share all your options so that you can make an informed decision regarding hernia surgery. If you decide on surgery, we will provide you with instructions to be followed prior to and after surgery, what to expect on the day of your procedure and the anticipated time frame for resuming normal activities.

To schedule a consultation, or if you have questions about hernia symptoms, treatment options or recovery, please call us at (303) 449-3642.