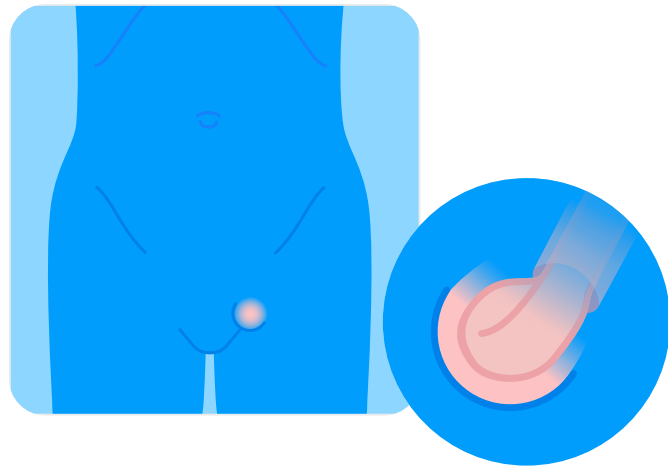


# Things to know about inguinal hernia repair.

If you have an inguinal hernia, you're not alone. About 27% of men and 3% of women develop inguinal hernias in their lifetime. The only way to repair a hernia is through surgery. If you and your doctor have decided that surgery is right for you, discuss all options with your doctor, including da Vinci surgery.



## What is an inguinal hernia?

Inguinal hernias are also called groin hernias. They usually show up as a bulge where your upper thighs and lower abdomen meet. There are natural passages on each side of your groin. These passages can stay open when you're born. They can also open later when muscles weaken from pressure or with age.

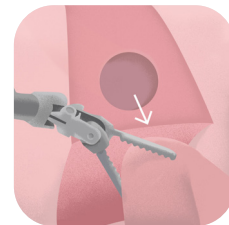
The opening allows the inner lining of your abdomen to pop through. This creates a pouch that may contain fat and internal tissue. When the hernia is small, the tissue may slide in and out. Over time, the bulge can grow, and the tissue may no longer move back inside.

## Why doctors recommend inguinal hernia repair surgery

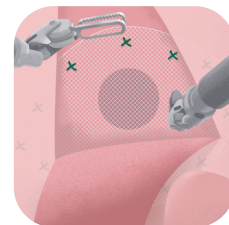
You may feel pain or discomfort from a hernia. But up to a third of people with inguinal hernias have no symptoms except a bulge they can see.

Even painless hernias can become a problem. If the internal tissue that slips through the gap becomes trapped and won't move back inside, you may become very sick and need emergency surgery. Your doctor may recommend hernia repair surgery to help you avoid a painful medical emergency.

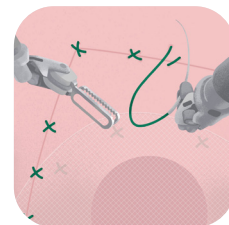
## Hernia surgery explained



During hernia repair surgery, your surgeon opens a tissue flap and moves the internal tissue that has poked through the hernia back to where it belongs.



Surgeons typically use a special mesh to cover the opening to make the repair stronger. The mesh also helps prevent the hernia from coming back.<sup>1</sup>



Your surgeon will then close the tissue flap to cover the mesh.

## Types of hernia repair surgeries

Surgeons can perform hernia repair surgery using a traditional open approach or minimally invasive surgery. Open surgery requires an incision (cut) in your groin long enough for the surgeon to see inside and use hand-held instruments.

Minimally invasive surgery allows your surgeon to repair your hernia through a few small cuts. You may recover faster and have less pain.<sup>1-2</sup> The two main types of minimally invasive surgery are laparoscopy and da Vinci surgery. In laparoscopy, surgeons use long-handled tools while viewing magnified images from the laparoscope (camera) on a video screen.

This brochure tells you about da Vinci surgery. Your doctor can also explain what to expect and answer your questions about da Vinci surgery.

# Patient outcomes with da Vinci hernia repair.

According to studies on inguinal hernia repair, da Vinci surgery shows benefits compared to open surgery, including:

♥ **A faster return to normal activities**<sup>3-4</sup>

↓ **Reduced use of prescription pain medications**<sup>3, 5-6</sup>

✚ **Less postoperative pain**<sup>7</sup>

1. Stabilini C, van Veenendaal N, Aasvang E, et al. Update of the international HerniaSurge guidelines for groin hernia management. *BJS Open*. 2023;7(5):zrad080. doi:10.1093/bjsopen/zrad080

2. Inguinal Hernia Repair Surgery Patient Information from SAGES - Society of American Gastrointestinal and Endoscopic Surgeons. SAGES. Published November 9, 2023. <http://sages.org/publications/patient-information/inguinal-hernia-repair-surgery-patient-information-from-sages>

3. LeBlanc K, Dickens E, Gonzalez A, et al. Prospective, multicenter, pairwise analysis of robotic-assisted inguinal hernia repair with open and laparoscopic inguinal hernia repair: early results from the Prospective Hernia Study. *Hernia*. 2020;24(5):1069-1081. doi:10.1007/s10029-020-02224-4

4. Bittner IV JG, Cesnik LW, Kirwan T, Wolf L, Guo D. Patient perceptions of acute pain and activity disruption following inguinal hernia repair: a propensity-matched comparison of robotic-assisted, laparoscopic, and open approaches. *Journal of Robotic Surgery*. 2018;12(4):625-632. doi:https://doi.org/10.1007/s11701-018-0790-9

5. de'Angelis, N., Schena, C.A., Moszkowicz, D. et al. Robotic surgery for inguinal and ventral hernia repair: a systematic review and meta-analysis. *Surg Endosc* 38, 24-46 (2024).

6. Pokala B, Armijo PR, Flores L, Hennings D, Oleynikov D. Minimally invasive inguinal hernia repair is superior to open: a national database review. *Hernia*. 2019;23(3): 593-599. doi:10.1007/s10029-019-01934-8

7. Results are based on an internal meta-analysis of peer-reviewed literature for robotic-assisted inguinal hernia procedures published between Jan 1 2010 - March 1, 2024. Data on file at Intuitive.



Learn more about da Vinci hernia repair.

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# What is da Vinci surgery?

Surgeons have used da Vinci systems to perform robotic-assisted surgery for over 25 years. Da Vinci surgery is the most common way surgeons perform many operations, including lung and prostate surgeries.<sup>8</sup> People usually spend less time in the hospital after da Vinci surgery compared to open surgery, which means patients can get back to what matters most.<sup>9</sup>

## Your surgeon performs the surgery, not a robot.

While da Vinci surgery is called robotic-assisted surgery, robots don't perform surgery. Your surgeon does. The da Vinci system's advanced instruments and technology give your surgeon tools to use during surgery.

Your surgeon is with you in the operating room, seated at a console. From the console, your surgeon controls the instruments to perform your surgery.

Through a 3D high-definition camera, your surgeon can see your anatomy better than with the human eye alone.

Your surgeon uses tiny, wristed instruments that move in more ways than the human hand.

# Why surgeons choose da Vinci systems for their surgeries.



Surgeons can perform complex surgeries through a few small incisions.



Surgeons have a 10x magnified 3D view of where they're operating and the instruments they're using.



Surgeons are in control. Their hands move the tiny instruments in real time.



Da Vinci systems allow your surgeon to operate with smooth precision.

### Important safety information

Patients should talk to their doctor to decide if surgery with a da Vinci system is right for them. Patients and doctors should review all available information on nonsurgical and surgical options and associated risks in order to make an informed decision.

Serious complications may occur in any surgery, including da Vinci surgery, up to and including death. Serious risks include, but are not limited to, injury to tissues and organs and conversion to other surgical techniques which could result in a longer operative time and/or increased complications. For summary of the risks associated with surgery refer to [www.intuitive.com/safety](http://www.intuitive.com/safety).

For important safety information, including surgical risks and considerations, please refer to [intuitive.com/safety](http://intuitive.com/safety).

Individuals' outcomes may depend on a number of factors—including but not limited to—patient characteristics, disease characteristics, and/or surgeon experience.



# Tired of playing the waiting game?

Ask your doctor about inguinal hernia repair with da Vinci.

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8. Data on file at Intuitive. August 2024  
9. Ricciardi R, Seshadri-Kreaden U, Yankovsky A, et al. The COMPARE Study: Comparing Perioperative Outcomes of Oncologic Minimally Invasive Laparoscopic, da Vinci Robotic, and Open Procedures: A Systematic Review and Meta-analysis of the Evidence. *Ann Surg.* 2025;281(5):748-763. doi:10.1097/SLA.0000000000006572