

# Reinventing Hernia Surgery: Minimally Invasive Hernia Surgery is a Game Changer

Category: Business

written by News Mall | December 30, 2025



A hernia may seem like a small bulge at first, but for many people, it gradually turns into discomfort, pain, and limitations in daily activities. Whether it appears in the groin, abdomen, or near a previous surgical site, a hernia doesn't resolve on its own. Over time, it can worsen and even lead to complications if left untreated. Fortunately, modern medicine has transformed the way hernias are treated. Today, laparoscopic and other minimally invasive procedures offer patients a safer, faster, and more comfortable recovery

compared to traditional open surgery.



**Hernia Specialist, Dr Vijin V – MBBS, MS, FMAS, FPCM (USA ), FMAS, FICRS – Laparoscopic & Robotic Surgeon**

A hernia happens when an internal organ or tissue pushes through a weak spot in the muscle. Common types include inguinal (groin), umbilical (navel), femoral, and incisional hernias. Symptoms often start with a visible bulge, heaviness, or pain—especially when lifting, coughing, or standing for long periods. While early stages may seem manageable, delaying treatment can lead to the hernia enlarging or becoming strangulated, a serious condition requiring emergency care.

For decades, open surgery was the standard treatment. Although effective, it involved a larger incision, longer hospital stay, and a more extended recovery. Today, laparoscopic hernia repair has become the preferred option for many patients due to its precision and minimally invasive approach.

Laparoscopic surgery is performed through tiny keyhole incisions rather than a large cut. Using advanced instruments and a high-definition camera, the surgeon repairs the hernia from inside the abdominal wall. The magnified view allows for exceptional clarity, accuracy, and careful handling of tissues. A surgical mesh is typically placed to reinforce the weakened area, reducing the risk of recurrence.

One of the major benefits of laparoscopic repair is reduced postoperative pain. Since the incisions are small and muscle layers are not extensively cut, patients experience significantly less discomfort. Individuals are able to walk within hours of surgery and return to routine activities much sooner than with open surgery. Recovery is smoother, and the risk of wound infections or complications is lower.

Cosmetic outcomes are also better, as the tiny incisions leave minimal scarring. This makes laparoscopic procedures particularly appealing to younger patients or those concerned about visible marks. Another distinct advantage is faster return to work—a crucial factor for individuals with active lifestyles or physically demanding jobs.

Laparoscopic surgery is especially beneficial in cases of bilateral hernias (on both sides) or recurrent hernias,

offering superior visibility and repair without the need for multiple incisions. Many surgeons also recommend it for patients seeking quicker rehabilitation and reduced long-term discomfort.

While laparoscopic hernia repair has become widely popular, the success of the procedure depends largely on the surgeon's expertise and the quality of the mesh. With ongoing advancements in surgical tools, imaging, and mesh technology, minimally invasive hernia repair continues to evolve, offering even greater safety and outcomes.

Hernia specialist [Dr. Vijin V](#), **Senior consultant – Laparoscopic and Robotic Surgeon at [Neyyar Medicity Hospital](#), Trivandrum** and visiting consultant at Sree Ramakrishna Mission Hospital & SP Wellfort Hospital says, *"Hernia surgery today is no longer about prolonged pain or extended recovery. With minimally invasive laparoscopic techniques, we are able to treat hernias with greater precision, minimal tissue damage, and faster rehabilitation. Most patients are surprised by how quickly they can resume normal activities. The focus is not just on repairing the hernia, but on restoring comfort, confidence, and quality of life with durable, long-term results."*

For anyone living with a hernia, exploring modern laparoscopic options can be a life-changing decision. With shorter recovery times, less pain, and excellent long-term results, minimally invasive surgery is redefining hernia treatment and helping patients return to their daily lives with confidence and ease.

