

When it's time to take care of what's important

A hernia occurs when tissue bulges out from an opening or place of weakness in your muscles.¹

If you have a hernia, you may experience mild pain or pressure at the hernia site. This kind of pain or discomfort may affect your ability to work or engage in your usual activities.

You may have discussed options with your doctor and decided that surgical hernia repair is suitable for getting you back on track.

If your doctor has suggested robotic-assisted surgery with da Vinci technology, this brochure can help you understand what that means.

What is a hernia repair?

A hernia repair is surgery to fix an opening or a place of weakness in your muscle. Approximately 40,000 hernia repair surgeries are performed in Australia each year.¹

The main types of hernia repair include:¹

- Incisional hernia repair (a procedure to repair a hernia in the abdominal wall)
- Inguinal hernia repair (a procedure to repair a hernia in the groin area)

Surgery is the only way to repair a hernia.^{1,2} However, if the hernia is small or you do not have symptoms, your doctor may have recommended watchful waiting or other measures. If you have a hernia, you should have discussed all options with your doctor.

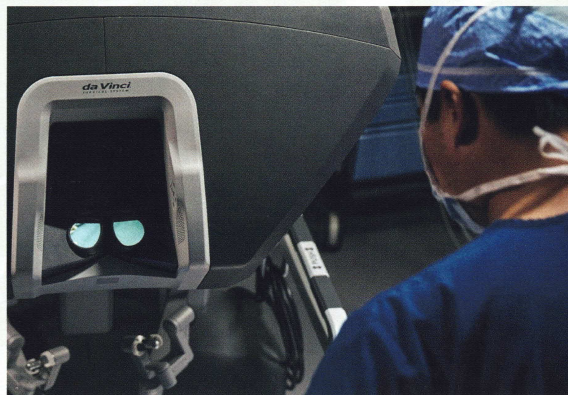
If you are a candidate for surgery, and your surgeon has recommended robotic-assisted surgery with da Vinci, you should have also discussed other options such as:

- Laparoscopic surgery
- Open surgery

How can I prepare for robotic surgery?

Ensure you have asked your doctor and care team plenty of questions, such as:

- What medical and surgical options are available for my hernia?
- Which is best for my situation?
- What happens if I don't get surgery?
- What kind of experience do you have with my type of hernia?
- What are the differences between open, laparoscopic, and robotic-assisted surgery?



What are the outcomes?

Ensure you have talked with your surgeon about the surgical outcomes they deliver with the da Vinci system, as every surgeon's experience is different. For example, ask about:

- Length of hospital stay
- Complication types and rates
- Chance of switching to an open surgery
- Operative time

What can I expect from robotic surgery?



Actual incision size

During robotic-assisted surgery, your surgeon will make a few small incisions, and use a 3D high-definition camera for a magnified view of the surgical area.



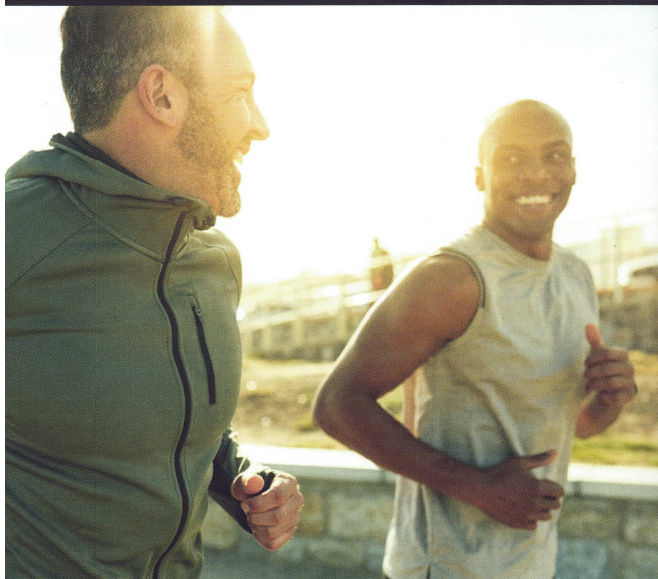
Your surgeon sits at a console next to you and operates through the incisions using a camera and tiny instruments.



The da Vinci system translates every hand movement your surgeon makes in real-time, manipulating the instruments so they can repair the hernia.



Get back to what matters most.



References

1. Better Health Channel, Department of Health Victoria [Internet]. Melbourne, VIC: Better Health Channel; 2021. Hernias; 2014 Aug 31 [cited 2021 Sep 20]. Available from <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/hernias#bhc-content>
2. Health Direct Australia [Internet]. Haymarket NSW: Health Direct; 2019. Hernias; 2021 Jan [cited 2021 Sep 20]. Available from <https://www.healthdirect.gov.au/hernias>

Surgical Risks

There are risks specific to hernia repair (ventral, incisional, umbilical, inguinal), including: recurrence, bowel injury, infection of mesh, erosion of mesh, urinary retention, and chronic pain. For inguinal hernia repair: testicular injury.

Important Safety Information

Patients should talk to their doctors to decide if da Vinci Surgery is right for them. Patients should review all available information on non-surgical 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. Individuals' outcomes may depend on a number of factors, including but not limited to patient characteristics, disease characteristics and surgeon experience.

Disclaimer

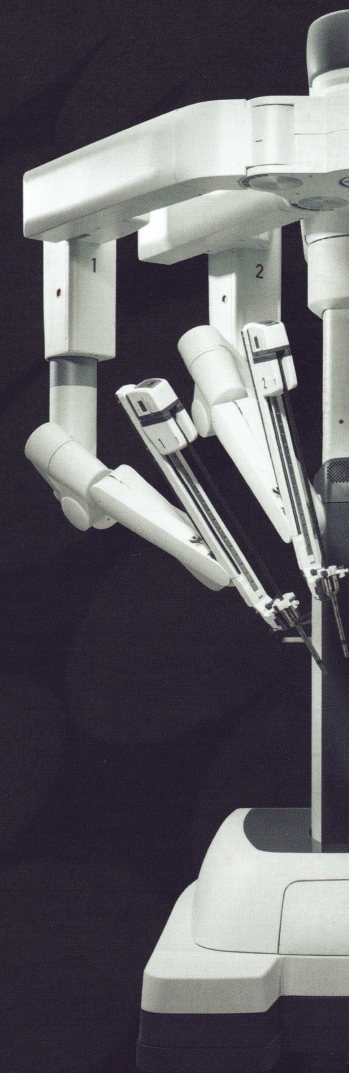
This brochure is only provided to patients already selected for da Vinci robotic-assisted surgery. The healthcare professionals portrayed in this brochure are paid actors.



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Patient Brochure

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