

www.hernia.net.au
**Melbourne
 Hernia Clinic**
 Specialists in hernia repair



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Melbourne Hernia Clinic

Specialists in hernia repair

Australia's first hernia clinic.
Established over 20 years
 (now including 'keyhole' surgery)

- ~ Day surgery
- ~ Local anaesthesia
- ~ Mesh reinforcement
- ~ Prompt return to work
- ~ Insured and non-insured patients



What Are Hernias?

We usually apply this term when any part of the abdominal contents protrude through the abdominal wall. Hernias usually cause discomfort or a swelling.

Occasionally they are first found during a routine medical examination. The swelling is usually noticed when the person is standing or straining, it may disappear when lying down.

A hernia usually consists of fat, bowel or occasionally fluid. Rarely the bladder, ovary or even the appendix may be part of the hernia. With time many hernias become larger painful and irreducible - that is they cannot be pushed back in. They become more difficult to repair.

Hernias should not be ignored. If left untreated they tend to enlarge, develop

Types of Hernias:

- **Inguinal** - in the groin - the most common especially in men - approximately 80 percent. Can be on both sides. 📍
- **Femoral** - relatively more common in women. Lower in the groin. Can be on both sides. 📍
- **Umbilical** - at the navel. 📍
- **Epigastric** - in the midline between the breast bone and the navel. Can be multiple. 📍
- **Incisional** - at the site of the scar of a previous bowel, gall bladder, gynaecological or other abdominal operations. 📍
- **Recurrent** - at the site of a previous hernia operation
- **Divarication of the recti muscles** - a midline weakness - surgery not required. 📍
- **Rare** - Spigelian. Lumbar 📍
- **Hiatus hernia** - a different type which occurs within the abdomen.

Hernia surgery:

Most hernias apart from incisional and hiatus can be treated surgically under local anaesthesia together with light sedation.

The aim is a safe operation with a quick recovery and minimal short or long term after effects or recurrence (that is - the hernia coming back).

Most hernias can be treated in a day procedure centre. Thus the cost for non-insured patients is not such a prohibitive factor. It avoids long waiting lists, the patient can have the surgeon and technique of their choice.

'Open method'

A cut is made directly over the hernia. A nonabsorbable permanent mesh is usually used. The "tension free" technique is preferred. 📍

'Keyhole surgery' - Laparoscopic

This is carried out under general anaesthetic with smaller cuts - a mesh is always used

The team

complications and become more difficult to repair.

A complication is that a bowel obstruction or strangulation may occur. That is the contents such as fat or bowel becomes stuck and the blood supply is cut off. This may be life threatening. Emergency treatment is required.

Because hernia surgery is safer now it is usually carried out earlier. Thus the incidence of bowel obstruction and strangulation of hernias has reduced. Increasing age is no longer a bar to surgery. It should be remembered that even babies and adolescents get hernias.

[More About Hernias...](#)

Consulting and operating at:

MASADA PRIVATE HOSPITAL
26 Balaclava Road
EAST ST KILDA 3183 AUSTRALIA
Ph: 61 03 9525 9077
(for outside Australia call 61 - 3 - 9525 9077)
fax: 61 03 9527 1519

SIR JOHN MONASH PRIVATE HOSPITAL
212 Clayton Road
CLAYTON 3168 AUSTRALIA
PH: 03 9562 9400
FAX : 03 9544 4969


CABRINI PRIVATE HOSPITAL (operating only)
181- 183 Wattle tree Road
MALVERN 3144 AUSTRALIA

[Click Here to Email Mr Maurice Brygel](#)

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Mr Brygel - founder of Melbourne Hernia Clinic - the first hernia clinic in Australia - has performed OVER 7,000 hernia operations. He is the author of *"The Video Book of Surgery"* and *"The Video Book of Hernias"*.

In 2005 he produced an hour long television program for patient information on hernias shown on Channel 31.

Some photos of teaching in Fiji - 2004 

Latest News

Mr Peter Grossberg has recently joined Mr Brygel and Mr Leinkram at the Melbourne Hernia Clinic. He specialises in **laparoscopic - (keyhole) hernia repair** and has performed over one thousand cases. He is also taking a special interest in repairing incisional (ventral) hernias using keyhole surgery. This has specific advantages for what is often a difficult problem.

Mr Leinkram is also experienced at using the "tension free" mesh repair technique under local anaesthetic. As also described by the **British Hernia Clinic**.

He repairs incisional hernias using the extra peritoneal mesh technique. In addition he has extensive experience in performing **abdominoplasty (tummy tuck)**. That is surgery that removes the fatty overhang which often is present in large patients with or without an incisional hernia.

All surgeons can be consulted by calling 03 95259077. The staff is happy to discuss details with you over the phone.

For the convenience of patients from the country, interstate and northern suburbs; the Melbourne hernia clinic has opened rooms in the city at **level 8 - 410 Collins Street. Bookings via 03 9525 9077**

In addition, Mr Leinkram can be consulted at **Mitcham Private Hospital 23 Doncaster East Road, Mitcham** where he also operates. **Tel no. 9210 3146**

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