GENERAL SURGERY

Private Hernia Surgery in Edmonton

Get Back to Living Without Hernia Pain

Expert surgical assessment and treatment with Dr. Jannah Wilson, General Surgeon.

If a hernia affects your work, activity, sport, or quality of life, Acumen Health has an option for you. Private hernia surgery offers patients an option for access to surgical care.

Click here to request a consultation

Expert Hernia Care

Dr. Jannah Wilson (provide link to her bio) is a General Surgeon providing assessment and surgical management of hernias.

Every patient's situation is different. Your consultation is designed to understand your symptoms, review your diagnosis, discuss treatment options, and determine whether surgery is appropriate for you.

Hernia Conditions

Inguinal and Femoral Hernia Repair (Herniorrhaphy)
A hernia occurs when tissue bulges out though an opening/weakness in the muscle.

Inguinal hernias account for 75% of all hernias and are most common in men. An inguinal hernia can be either managed surgically or can be treated conservatively with watchful waiting.
A **Femoral Hernia** appears as a bulge in the groin, upper thigh or labia. Femoral hernias are more common in women. They are always repaired because of a high risk of strangulation. During surgery, the herniated tissue is gently moved back into place, and the weakened area of the abdominal wall is repaired. The surgeon will likely reinforce the area with surgical mesh (hernioplasty) to reduce the risk of recurrence and restore normal strength and function.

Treatment Options:
Dr. Jannah Wilson's extensive experience with hernia repairs includes both laparoscopic and open, non-mesh (including the **Shouldice technique**) and mesh (absorbable and non-absorbable) repairs.

The type of operation depends on the hernia size and location, and if it is a repeat hernia. Your health, age, anesthesia risk, and the surgeon's expertise are also important.

Open hernia repair - An incision is made near the site and the hernia is repaired with mesh or by suturing (sewing) the muscle closed. For an open mesh repair: The hernia sac is removed or reduced. Mesh is placed over the hernia site. Mesh is often used for most hernia repairs and may reduce the risk that the hernia will come back.

For a suture-only open repair - The hernia sac is removed or reduced, then the tissue along the muscle edge is sewn together. This procedure is often used for strangulated or infected hernias, or when the Shouldice repair is performed.

Laparoscopic hernia repair - The hernia is repaired by mesh or sutures inserted through instruments placed into small incisions in the abdomen.

Why Consider Private Hernia Surgery?

Specialized Surgical Care
Receive care from an experienced General Surgeon with a treatment plan specific to your condition.

Clear, Coordinated Process
From your initial consultation through surgery and recovery, our team helps coordinate your care and keeps you informed.

Focused on Your Recovery
The goal isn't simply to repair your hernia—it's to help you safely return to work, activity, exercise, and the things that matter to you. We have a support system to guide you through.

What to Expect

1. Request a Consultation
Contact our team to begin the process. We will help determine what information or medical documentation is required.
2. Surgical Assessment
Meet with Dr. Wilson to review your symptoms, medical history, diagnosis, and treatment options.
3. Personalized Surgical Plan
If surgery is recommended, your surgical approach, expected recovery, risks, benefits, and alternatives will be reviewed with you.
4. Surgery
Your procedure will be coordinated through our surgical care pathway.
5. Recovery & Follow-Up
You'll receive clear post-operative instructions and follow-up to help guide your recovery and return to normal activity.

Have questions before booking?
Click here to contact our team