

Paraesophageal Hernia Repair at UChicago Medicine



AT THE FOREFRONT
**UChicago
Medicine**

Paraesophageal hernia repair is a minimally invasive surgical option for patients who suffer from chronic heartburn, frequent regurgitation, or other gastroesophageal reflux disease (GERD) symptoms. In many patients with paraesophageal hernias, the diaphragm becomes weaker as they get older and a hole develops in the muscle wall. This hole becomes bigger over time, creating an opening for the stomach to move up into the chest.

Candidates for paraesophageal hernia surgery include people who have severe heartburn that is unresponsive to medication, those who have difficulty swallowing, GERD patients who experience chest pains that mimic a heart attack, and individuals who have anemia caused by chronic blood loss from irritation. There may be other indications to undergo repair of the paraesophageal hernia that can be discussed with the patient's care team.



What happens during the paraesophageal hernia repair?

- » **Incisions:** Tiny incisions in the patient's abdomen allow surgeons to access the diaphragm and stomach using laparoscopic tools.
- » **Repositioning:** The misplaced stomach is gently moved back down into its rightful place in the abdomen.
- » **Patching up:** The weak spot in the diaphragm is reinforced to prevent the stomach from sneaking back up.
- » **Fundoplication:** In this optional step, surgeons wrap the top of the stomach around the esophagus like a collar. This strengthens the valve between the esophagus and stomach, making it harder for acid to reflux.

How long is recovery?

Some patients go home the same day, while others may need to stay overnight. Recovery can take a few weeks and soreness and/or fatigue is common. Patients will likely start with puréed foods and slowly progress to softer foods before returning to a regular diet. Patients do not have to take any medications after surgery.

OUR TEAM



**Mustafa
Hussain, MD**



**Alex
Lois, MD, MS**



**Vivek N.
Prachand, MD**



**Yalini
Vigneswaran, MD, MS**

Novel Surgical Treatments

Meshless Surgery for Large or Recurrent Paraesophageal Hernias

Traditional paraesophageal repairs use artificial or biological mesh to close the hole in the diaphragm. Our surgeons at the University of Chicago Medicine developed this meshless surgery. This technique uses a posterior rectus sheath flap, from the abdominal muscle, to repair the weakness in the diaphragm, so a mesh implant is not necessary. This technique not only avoids placing foreign material in the body, but also has the promise of a more robust repair and good long term results. The surgery is performed using robotic and minimally invasive surgery.

Hidden Incisions

Our surgeons use a technique to hide the incisions when performing the anti-reflux surgery. Not routinely performed elsewhere and developed for anti-reflux surgery at our institution, this technique utilizes a small incisions hidden in the belly button and the natural fold below the belly through which all surgical instruments are introduced. These incisions leave discreet scars compared to traditional surgery with visible scars on the belly.

Anti-Reflux Surgery

There are several different types of anti-reflux surgery, but the most common is fundoplication. This procedure involves wrapping the upper part of the stomach around the lower esophagus to create a tighter seal and prevent stomach acid from backing up. There are different types of fundoplication, including Nissen, Toupet and Dor fundoplication.

Other types of anti-reflux surgery include:

LINX Reflux System: This is a newer procedure that involves implanting a small magnetic ring around the lower esophagus. The ring strengthens the sphincter without cutting or wrapping tissues.

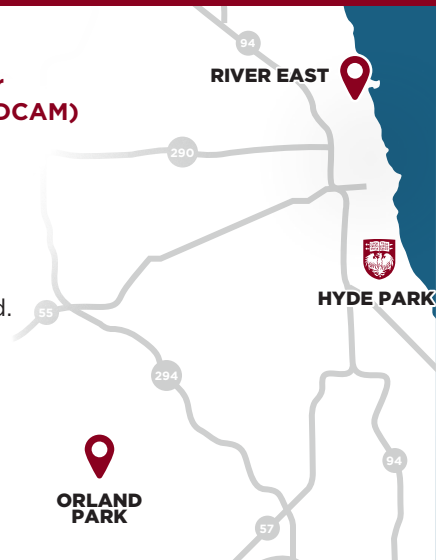
Our surgeons are always working on novel surgical treatments for these esophageal diseases. If interested, please discuss with our surgeons any other innovative and novel treatments or clinical trials you may be a candidate for.

LOCATIONS

HYDE PARK
**Duchossois Center for
Advanced Medicine (DCAM)**
5758 S. Maryland Ave.
Chicago, IL 60637

ORLAND PARK
**UChicago Medicine
Orland Park**
14290 S. La Grange Rd.
Orland Park, IL 60462

RIVER EAST
**UChicago Medicine
River East**
355 E. Grand Ave.
Chicago, IL 60611



PHYSICIAN CONNECT

GI Physician Connect (for physicians only):
1-844-UCGIDOC (1-844-824-4362)

This toll-free physician referral line allows you to:

- » Speak to a live operator
- » Reach a colleague for curbside referral
- » Arrange consultation appointments (usually within 1-2 weeks)

CONTACT US

**For more information,
call 773-834-3524 or visit
[UChicagoMedicine.org/
Esophageal-Diseases](https://UChicagoMedicine.org/Esoophageal-Diseases).**

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