

# Inguinal hernia

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## Definition

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## Definition

By Mayo Clinic staff

An inguinal hernia occurs when soft tissue — usually part of the intestine — protrudes through a weak point or tear in your lower abdominal wall. The resulting bulge can be painful — especially when you cough, bend over or lift a heavy object.



Inguinal hernia

Not necessarily dangerous by itself, an inguinal hernia doesn't get better or go away on its own. An inguinal hernia can lead to life-threatening complications. For this reason, your doctor is likely to recommend surgical repair of an inguinal hernia that's painful or becoming larger. Inguinal hernia repair is a common surgical procedure.

## References

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