The Iskandar Complex Hernia Center Publishes Article Addressing Hernia Recurrence Research

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The Iskandar Complex Hernia Center, a complex hernia surgery practice located in Waxahachie, Texas, has published an article by Dr. Mazen Iskandar addressing why hernias return after surgery. The article, titled "Why Did My Hernia Come Back?," was posted to the practice's website and reviews published research on hernia recurrence rates, timing, and contributing factors. It was written for patients considering treatment for a recurrent hernia.

The article reports that recurrence after ventral hernia repair has been documented at rates ranging from 30 percent to 80 percent, depending on the population studied, according to a 2024 study in JAMA Surgery that tracked 35,433 patients through the Abdominal Core Health Quality Collaborative registry. That study reported cumulative recurrence of 8.0 percent at one year, 19.7 percent at two years, and 44.9 percent at five years following repair with mesh. A separate nationwide analysis of 45,773 hernia repairs in Denmark, also cited in the article, found that operations for recurrence were still accumulating fifteen years after the original surgery. The article also references a 2021 systematic review in BJS Open, which pooled data from 274 studies and found that wound infection more than triples the odds of recurrence, a larger effect than obesity, smoking, or diabetes in that same analysis.

The article also details how modern posterior component separation, known as transversus abdominis release, has been associated with lower recurrence rates at two years than older anterior component separation techniques, according to a 2019 review published in the journal Hernia. It further reports that a 2022 randomized trial found biologic mesh recurred roughly twice as often as synthetic mesh in ventral hernia repair, and that a 2024 study in JAMA Network Open, examining 23,580 surgeons performing robotic-assisted ventral hernia repair, found that most had not reached the case volume associated with outcomes matching established open and laparoscopic approaches. The article reports that the Surgical Review Corporation's Center of Excellence in Hernia Surgery accreditation requires an accredited surgeon to perform at least 50 qualifying hernia surgeries per year, a threshold that exceeds the 36-repair-per-year benchmark the peer-reviewed literature classifies as very high volume, according to a 2022 hernia surgery volume analysis. The accreditation also requires a facility to perform at least 100 qualifying hernia surgeries annually and to maintain a wound care specialist, an infectious disease specialist, and a nutritionist as part of a standing consultative team. The Iskandar Complex Hernia Center in Waxahachie holds that accreditation, one of two Hernia Centers of Excellence in North Texas, according to the Surgical Review Corporation's own accreditation designation records as of October 2025.

"The studies we reviewed identify specific factors, largely related to how the repair was performed and how the wound healed, that are associated with a substantial share of the recurrences described in that research," said Dr. Mazen Iskandar, MD, FACS, complex hernia surgeon and founder of The Iskandar Complex Hernia Center, a Surgical Review Corporation Hernia Center of Excellence. "Understanding those factors is often the starting point when a patient is considering a second repair." Dr. Iskandar is board-certified in general surgery by the American Board of Surgery, completed fellowship training in minimally invasive and bariatric surgery at NYU-Langone Medical Center, and serves as Associate Professor of Surgery at Texas A&M School of Medicine. He has authored two chapters in Surgical Endoscopy and Other Interventional Techniques, the official journal of the Society of American Gastrointestinal and Endoscopic Surgeons, and was named a Surgeon of Excellence in Hernia Surgery by the Surgical Review Corporation in January 2024.

The Iskandar Complex Hernia Center is located at 2360 N Interstate 35 E Rd, Suite 310-B, Waxahachie, Texas 75165, within Baylor Scott & White Medical Center ? Waxahachie, and serves patients throughout Waxahachie, Dallas, Fort Worth, and Midlothian. The practice provides complex hernia surgery, abdominal wall reconstruction, robotic hernia repair, and minimally invasive hernia surgery, using robotic, laparoscopic, and open techniques, including component separation, for patients with recurrent or multiply recurrent hernias. The article notes that as many as 25 percent of hernia surgery patients arrive with a high-risk factor, such as smoking or elevated blood sugar, that was never addressed before their prior surgery, according to a 2021 study in JAMA Network Open.

The full article, "Why Did My Hernia Come Back?," is available on The Iskandar Complex Hernia Center's website. For more information about complex hernia surgery at The Iskandar Complex Hernia Center in Waxahachie, visit iskandarcenter.com or view the practice's location and profile on Google Business Profile. The Iskandar Complex Hernia Center is expected to continue publishing research-based information for patients evaluating hernia recurrence and repair options across North Texas.

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For more information about The Iskandar Complex Hernia Center, contact the company here:The Iskandar Complex Hernia CenterMazen Iskandarinfo@iskandarcenter.comThe Iskandar Complex Hernia Center2460 I-35E Suite 310-BWaxahachie, TX 75165

The Iskandar Complex Hernia Center

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