The Iskandar Complex Hernia Center Publishes Guidance on Workplace Hernia Injuries, Light Duty, and Hernia Repair Surgery in Waxahachie, Texas

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The Iskandar Complex Hernia Center, a general surgery practice in Waxahachie, Texas, has published a new patient education article addressing the questions injured workers most often face after developing a hernia on the job. The article, titled "Can You Keep Working With a Hernia or Should You Stop? What Injured Workers Need to Know About Light Duty, Surgery, and Returning to Work," outlines warning signs, light-duty rights, surgical decision-making, and realistic return-to-work timelines for patients across Waxahachie, Dallas, Fort Worth, and Midlothian. The release arrives at a moment when workplace hernia cases are drawing public attention, including a federal lawsuit filed in early 2025 by an Amazon warehouse worker in Las Vegas who alleges he was terminated for nonattendance while recovering from approved hernia repair surgery.

A hernia occurs when tissue or an organ pushes through a weak point in the surrounding muscle or abdominal wall. The article identifies inguinal hernias, which form in the groin, and umbilical hernias, which develop near the navel, as the types most commonly associated with workplace injuries, particularly in roles that involve repeated lifting, carrying, prolonged standing, or sustained abdominal strain. It also flags symptoms that warrant emergency evaluation, including a bulge that cannot be reduced, sudden severe pain

at the hernia site, nausea, vomiting, signs of bowel obstruction, or skin discoloration over the bulge. These can indicate a strangulated hernia, a surgical emergency in which blood supply to the herniated tissue is compromised and which can cause permanent damage if not treated promptly. Patients across Waxahachie, Dallas, Fort Worth, and Midlothian who recognize these signs are advised to seek immediate care rather than complete a shift.

For workers whose hernias do not require emergency intervention, the article reviews light-duty accommodations and the documentation steps that support both medical care and a workers' compensation claim. It notes that employers covered by workers' comp are generally required to honor written restrictions issued by a treating physician, including limits on lifting, prolonged standing, and repetitive bending. Partial disability benefits may also offset a portion of lost wages when modified duties pay less than a normal wage. The article notes that delayed reporting can undermine a workers' compensation claim later, making prompt documentation essential. The Iskandar Complex Hernia Center provides complex hernia surgery, abdominal wall reconstruction, robotic hernia repair, and minimally invasive hernia surgery to patients throughout Waxahachie, Dallas, Fort Worth, and Midlothian, with surgical planning informed by imaging, the physical demands of each patient's role, and overall health history.

"Workers who develop a hernia on the job are often facing pressure to keep earning income at the same time the injury is telling them to stop," said Dr. Mazen Iskandar, MD, FACS, board-certified surgeon and founder of The Iskandar Complex Hernia Center, one of only two Hernia Centers of Excellence in North Texas. "Whether it is reasonable to keep working depends on the specific hernia, the physical demands of the role, and the patient's overall health. Those decisions belong in a consultation room with imaging in front of a surgeon. Every patient deserves an individualized plan and a return-to-work timeline based on actual healing progress, not a predetermined calendar."

Hernia repair is generally performed using either open surgery or minimally invasive laparoscopic techniques, with recovery timelines that vary by method, hernia complexity, and overall health. The article cites general return-to-work ranges of one to two weeks for desk and light-duty roles, four to six weeks for moderate physical work, and six to twelve weeks for heavy labor or repeated strain, with each patient's clearance determined by individual healing progress. Smaller, asymptomatic hernias can sometimes be monitored through watchful waiting, a decision the article notes should be made with a qualified surgeon who has reviewed imaging, activity level, and overall health history.

The Iskandar Complex Hernia Center is located at 2360 N Interstate 35 E Rd, Suite 310-B, within Baylor Scott & White Medical Center ? Waxahachie, in Waxahachie, Texas, and serves hernia repair and abdominal wall reconstruction patients throughout Waxahachie, Dallas, Fort Worth, and Midlothian. The campus sits along Interstate 35E with direct access from the broader Dallas-Fort Worth metropolitan area, and driving directions from Dallas to the Waxahachie campus are available through Google Maps. The

practice can be reached by phone at (469) 800-9832.

The Iskandar Complex Hernia Center provides complex hernia surgery, abdominal wall reconstruction, robotic hernia repair, and minimally invasive hernia surgery in Waxahachie, Texas, with Dr. Mazen Iskandar serving as the practice's primary surgeon. Additional information about the practice, the surgical team, and the new article on workplace hernia injuries is available at iskandarcenter.com, and the practice's Google Business Profile provides current location details, hours, and patient reviews. The Iskandar Complex Hernia Center will continue publishing patient guidance on hernia repair, abdominal wall reconstruction, and return-to-work considerations for patients across Waxahachie, Dallas, Fort Worth, Midlothian, and the wider North Texas region.

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The Iskandar Complex Hernia Center

The Iskandar Complex Hernia Center offers complex hernia surgery and advanced abdominal procedures with renowned expertise and unparalleled compassion so that you can enjoy a dramatically improved quality of life.

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