

Better recovery support after routine surgery could save millions in healthcare costs - surgeon presents research

Tuesday 2 June, 2026

Research being presented at a leading international medical congress this week suggests that improving recovery after surgery could reduce complications and generate significant healthcare savings.

James Kirkby-Bott, Consultant Hernia Surgeon and founder of Hernia Clinic Hampshire, will present findings at the European Hernia Society Annual International Congress in Porto, Portugal, showing how a structured recovery programme following hernia surgery may improve outcomes while lowering the long-term costs associated with complications and follow-up treatment.

The study examines a specialist recovery pathway that combines patient education, rehabilitation exercises, biomechanical support and structured post-operative guidance.

Using health economic modelling, the research indicates that the programme could reduce complication-related costs by more than £80,000 per 1,000 hernia repairs, despite the upfront investment required to deliver the recovery programme itself.

The findings challenge traditional assumptions that surgical success is determined solely by the operation itself and suggest recovery should be viewed as an active therapeutic intervention.

Mr Kirkby-Bott said: "For many years, healthcare systems have understandably focused on improving surgical techniques and reducing complications in theatre. What has received far less attention is what happens once the patient leaves hospital.

"Our research suggests that recovery may itself be a modifiable therapeutic intervention. If we can help patients recover more effectively, we may be able to reduce complications, improve quality of life and lower healthcare costs at the same time.

"At a time when health systems around the world are under increasing financial pressure, understanding how recovery pathways influence outcomes has never been more important."

The research will be presented on June 4th at the European Hernia Society Annual International Congress, one of the world's leading forums for hernia and abdominal wall surgery.

The findings add to growing international interest in enhanced recovery pathways and their role in improving patient outcomes while supporting healthcare sustainability.

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Company Contact:

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Hernia Clinic Hampshire

T. 07885980737

E. kevin@briscoepr.co.uk

W. <https://herniaclinichampshire.com/>

Additional Contact(s):

Office - 01489 232030

bella@briscoepr.co.uk

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