

HERNIA

What is a hernia?

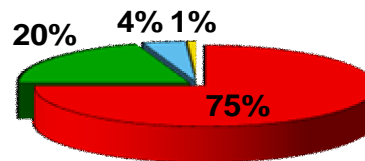
Hippocrates used the Greek term – “*hernios*” for bud or bulge to describe abdominal hernias.

Definition

An abnormal protrusion of the contents of a closed cavity through a potential or an abnormal opening.

Types of Abdominal Hernias

1. Inguinal.
2. Umbilical
3. Incisional
4. Others



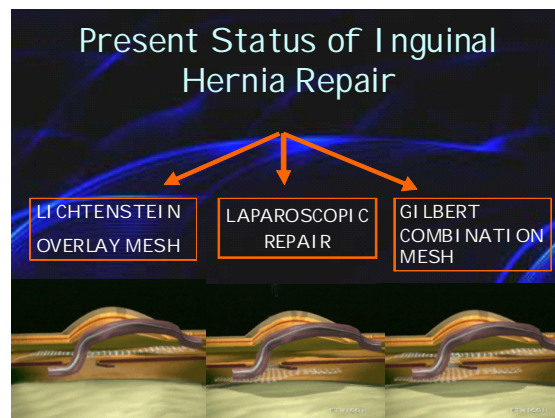
Anatomical basis for the formation of a hernia

- Inguinal hernias are the commonest hernias as there exists a potential weakness in the muscles of the abdomen.
- The reason is that the testis and ovaries are situated high up in the abdomen in a foetus. The testis comes down to its usual place just before birth, while the attachment of the ovary though small also travels through the muscles.
- The track so made leaves a weakness through which the contents of the abdomen can slip out.

So I Have a Hernia.

Why Should I Have Surgery?

- There is pressure at the neck of the sac which can cut off the blood supply causing strangulation.



Lichtenstein Tension Free Single Flat Mesh

- Ease of use.
- Tension-free repair.
- Dramatic reduction in the incidence of recurrence.
- However, the mesh was situated *above the defect*.
- *Recurrence could occur between the mesh and the defect.*

Laparoscopic Repair

- Wide dissection
- Difficult to teach and dangerous anatomy
- Therefore fixation of the mesh is –at best partial
- The mesh is prone to being “rolled up” -leading to recc.
- Difficult to teach and dangerous anatomy
- Pain free at earliest – IF DONE PROPERLY

PHS Mesh Repair

- Combines the three most common repairs (overlay, plug, underlay).
- Can be done under ***local anaesthesia***.
- Non-Suture intensive.
- Posterior support. Protects Femoral Canal from anterior approach.
- Conforms to anatomy in posterior space.
- To date, only 2 reported cases of recurrence !!
- Is an open operation, though the incision is small.
- Mesh is expensive.