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THE TRANS SAC IS A MESH RELATED TECHNIQUE DEVELOPED IN OUR DEPARTMENT USING PHS/UHS FOR RECURRENT INGUINAL HERNIAS

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Aim: The aim of this study is to review the outcome of the technique in our setting.

Study Design: The work involved a retrospective study.

Patients & Methods: Clinical records of all patients who had recurrent inguinal hernia repair using the Trans Sac approach between January 2008 and December 2013 in our institution were obtained. Details of socio-demographic data, intraoperative findings and postoperative complications were reviewed.

Statistical Analysis Used: The analysis involved simple frequencies, proportions and cross tabulations.

Results: A total of 532 patients whose ages ranged from 22 to 84 years (mean=42.4 years) with a male: female ratio of 11:1,

were studied. Majority of the hernias were right sided (65.2%), mostly indirect (80.1%). The procedures were for emergencies in 17 (12.9%) cases whereas the rest (87.1%) were done electively. Most procedures, 529 (99.4%) were performed under regional anesthesia. Surgical site infection was the most common complication occurring in six patients (2.5%), while one patient had chronic groin pain. At a mean follow up period of 24 months there was one recurrence. All patients were operated using the proposed approach and no need to convert to another technique.

Conclusions: The Trans Sac approach technique for recurrent inguinal hernia repair is an easy, safe and effective method for inguinal hernia repair in our setting.

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