

# 3<sup>rd</sup> International Conference on Surgery and Anesthesia

November 17-19, 2014 Chicago, USA

## Repair of posterior wall plus mesh fixation to prevent recurrences of hernia. New method of inguinal hernia repair: A new solution

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**Background:** A new technique to prevent the recurrence of hernia by repair of posterior wall and strengthen it by mesh fixation in all types of inguinal hernias is described. It gives synergistic results.

**Methods:** After excision of the sac, the conjoined tendon of transverses abdominis and the internal oblique muscle is sutured to the inguinal ligament using monofilament interrupted prolene suture closing defect in posterior wall. Then mesh fixation is done by fixing it to pubic bone medially with monofilament prolene suture. The prosthesis used to reinforce the weakened posterior inguinal wall is placed between the transversalis fascia and the external oblique aponeurosis and extends well beyond the Hesselbach triangle.

**Results:** Randomly selected patients of inguinal hernia are routinely operated by this technique. The postoperative period is comfortable with a hospital stay of 1-2 days and a return to work within 1-2 weeks. No recurrence is seen.

**Conclusion:** These results are comparable with operations performed with mesh alone. This operation is simple to perform, extensive dissection and has produced excellent results. Therefore it is a good alternative to other open or laparoscopic repairs.

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