

“Laparoscopic intraperitoneal onlay meshplasty (IPOM) – A study of 106 cases was done by Dr Abhijeet Joshi and published in Journal Of Minimal Access Surgery Of India.

Objective

To evaluate the outcome of this approach to management of ventral hernias and compare results & outcomes with available data on open surgical repair of ventral hernias

Methods

IPOM was performed on 106 cases of ventral hernia between April 2008 to February 2011. The procedure was performed by standard three lateral ports technique. The variables analysed were 1) Hernial defect size, 2) Duration of surgery, 3) Duration of hospital stay, 4) Days off work and 5) Incidence of complications – a) Seroma, b) Hematoma, c) Wound infection, d) Post-op pain, e) Recurrence; Patients with defects smaller than 1 cm. and larger than 10 cms were excluded from this study

Results

The study group consisted of 106 patients (68 women & 38 men) with mean age 44.27 yrs. The mean follow up time was 1.48 yrs (1 yr 1 mths & 18 days). The mean surgery duration was 50.45 mins. The mean defect size was 4.8 cms. The average number of days off work was 6.45. The overall rate of complications were 13.21% (Recurrence: 4.72%, Seroma formation: 6.6%, Infection: 0.94%, Hematoma: 0.94%). Based on available data on open surgery the overall complication rates were 29-38% (Recurrence rates: only suturing technique-31%, onlay meshplasty technique-15-23%).

Conclusion

The results indicate that IPOM is an effective procedure. Faster recovery, shorter inpatient stay, better complication rates and cosmetic superiority make it a feasible and indeed preferable alternative to open repair.