

## Study of Effectiveness of Double Layered Mesh Repair of Incisional Hernias

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### Abstract

**Background** Recurrent incisional hernias are a common problem for General Surgeon. There is a considerable debate on the optimal treatment of hernias. There is growing evidence in favor of prosthetic mesh treated tension-free repairs of hernias. This study tries to evaluate the effectiveness of double layered mesh repair of incisional hernias. **Methods:** The study was conducted in the Department of General Surgery, Rajiv Gandhi Institute of Medical Sciences and Hospital [RIMS], Adilabad. The patients with incisional hernias were operated from 2008 to 2013 and the cases were followed up post operatively till 2017. A total of 30 patients were treated with this technique. **Results:** The number of patients included in the study were (n=30) male = 5 and female = 25. The age range of the patients was 30 -60 years the average age was 42.73 years. The incidence of incisional hernias according to previous surgeries was Sub umbilical midline were 66.66%, upper midline 6.6%, upper right paramedian 6.6%, Lower right paramedian 13.33% and Pfannenstiel incision 6.6%. The average duration of patient stay in the hospital post operatively ranged from 10- 14 days and Post operative complications including mortality and morbidity and chronic pain was nil. The patients were followed post operatively for 5 years and recurrence was found only in 1 cases (3.3%). **Conclusion:** Tension-free Double layered Mesh repair of incisional hernias is a useful method of treatment. This method is especially suitable for Indian population with lax and flabby abdominal walls. The procedure is relatively safe with no major complications of morbidity and recurrence.