

Ventral Umbilical Patch Repair: An Effective Way to Repair Small Ventral Hernias

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Introduction

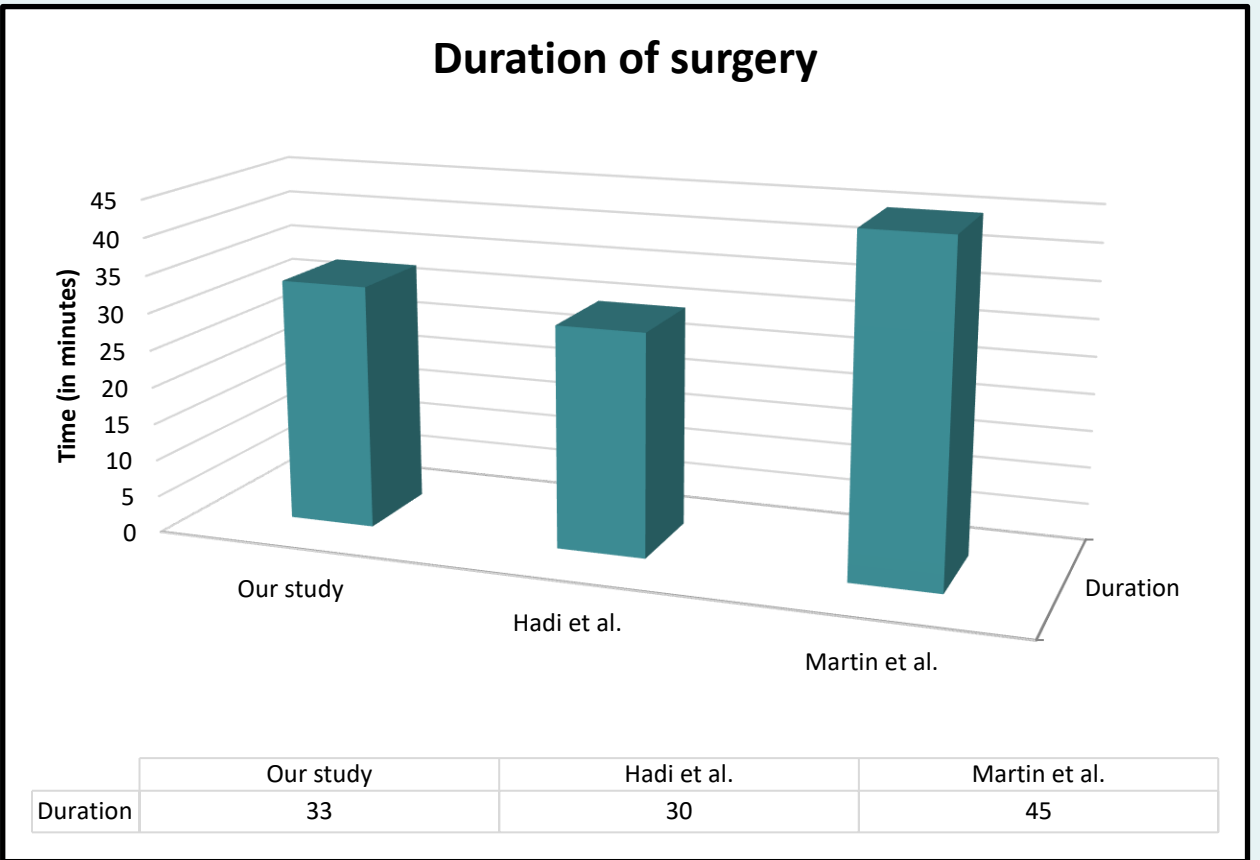
- Umbilical hernias account for 6-14% of all abdominal wall hernias in adults.
- Surgical repair is necessary, with various techniques including Onlay, Inlay, Sublay, and Underlay mesh placements.
- Ventral Umbilical Patch repair is a quick, cost-effective method with minimal postoperative complications and rapid recovery.

Materials and Methods

- **Study Design:** Retrospective cohort study.
- **Duration:** January 2022 - June 2023.
- **Participants:** 112 patients with umbilical/paraumbilical hernias <3cm.
- **Procedure:** Infra-umbilical incision, placement of Ventralex™ ST Hernia Patch within the peritoneal cavity.
- **Anesthesia:** General (26.8%), Spinal (58%), Regional (15.2%).
- **Follow-up:** 6 months with regular intervals.

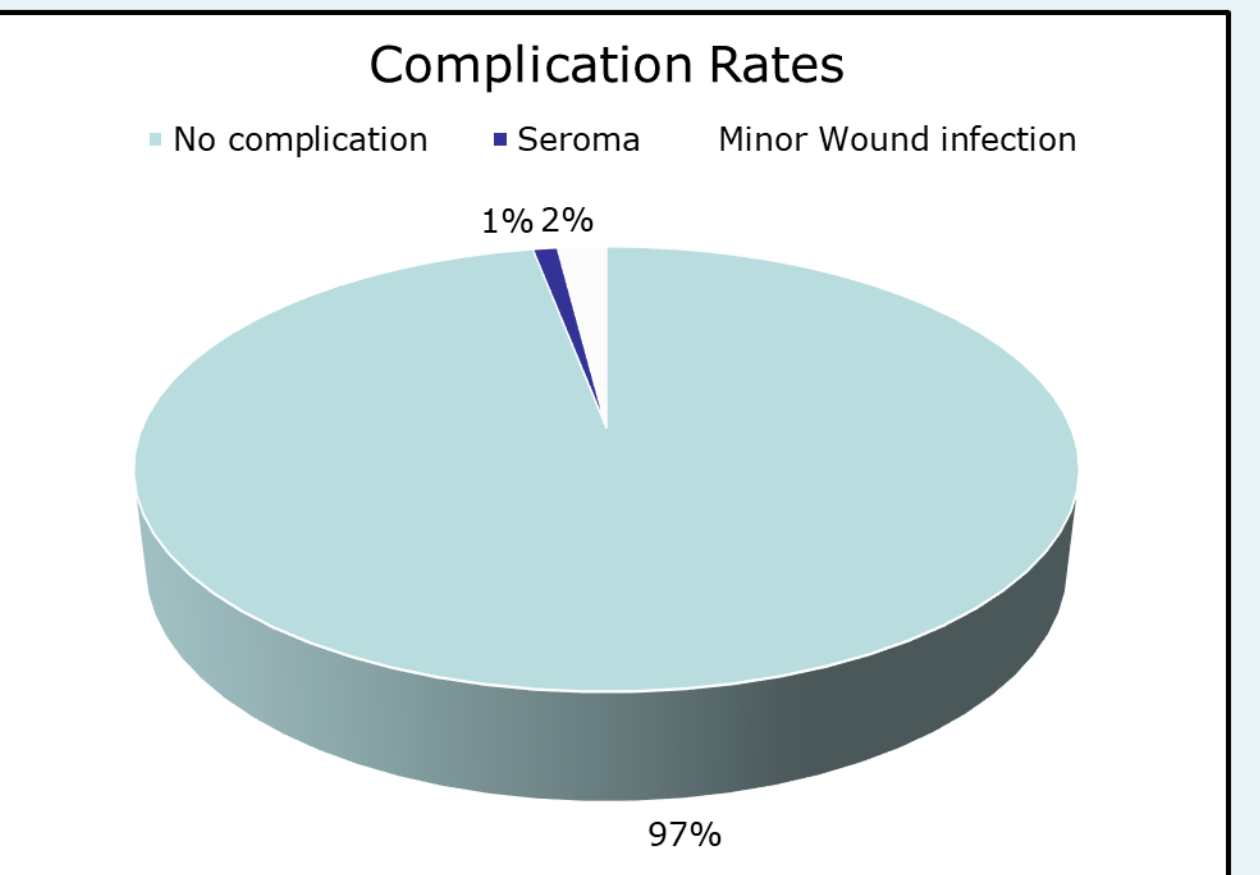
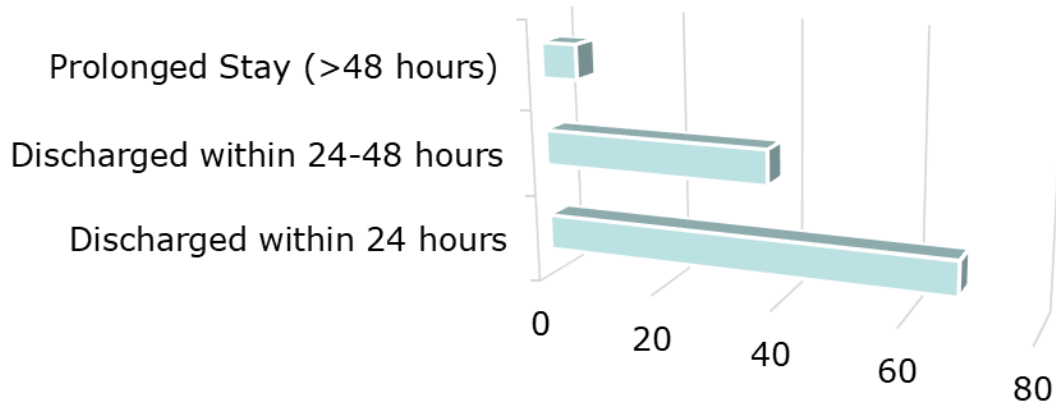
Results

Characteristic	Value
Total Number of Patients	112
Gender Distribution	
- Male	70
- Female	42
Age	
- Mean Age (years)	54.5
- Age Range (years)	30-86
Obesity	
- Number of Obese Patients (BMI > 30)	35
BMI	
- Mean BMI (kg/m ²)	31



Postoperative Analgesia	
No Further Analgesia	72
Moderate Analgesia	40

Length of Hospital Stay



Discussion/Conclusion

Efficacy: Low complication rates, quick recovery, and suitability for day-care surgery.

Comparison: Operative times and complications are favorable compared to other studies.

Cost-Effectiveness: Reduced hospital stay and early resumption of work, beneficial in low- and middle-income countries.

Safety: Effective and safe for small umbilical hernias.

Advantages: Short operative time, minimal analgesia, faster recovery, and no recurrences.

Recommendation: Ideal for day-care surgeries in high-demand healthcare settings.

Key References

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